



Cascade Behavioral Health

Digital Detox

Screen Boundaries for Better Health

According to recent studies, smartphone users pick up their phones an average of 96 times per day, and spend between 5 to 6 hours daily on their screen.

These convenient devices may make our lives easier and more enjoyable, but they're also incredibly addictive and can increase depression, anxiety and relationship problems.

Explore new ways to think about the place of your devices in daily life at our Digital Detox workshop February 8, 2022 from 12-1 p.m. on Zoom. Jodi DePaoli, LPC will help you explore what keeps you going back to the screen over and over again, and teach you how to set screen boundaries that actually work.

The Digital Detox workshop is free to employees of Cascade Behavioral Health's EAP clients and just \$25 for anyone else who would like to join.

To receive a Zoom link, email:

cascadehealthEAP@cascadehealth.org



Date & Time

Tuesday, February 8
12 to 1 p.m.

Instructor

Jodi DePaoli
Licensed Professional
Counselor and
Behavioral Health & EAP
Manager

RSVP

To receive a Zoom link,
contact us at
(541) 345-2800 or
CascadeHealthEAP@cascadehealth.org