



Events for CHE Staff

College of  
Human  
Ecology  
Employee  
Rejuvenation

CHEER exists to support the physical, social and psychological well-being of staff working in the College of Human Ecology by:

- ❖ coordinating and sponsoring events that advance our lives through education, entertainment, and social connection
- ❖ promoting and celebrating the diversity that each individual brings to the CHE community
- ❖ encouraging staff to reflect on and engage in the mission of the College
- ❖ liaise regarding work environment issues that could be improved to the benefit of all

[www.human.cornell.edu/che/cheer](http://www.human.cornell.edu/che/cheer)

## Parenting in the Digital Age: Strategies & Recommendations for Promoting Healthy Technology and Media Use with Your Kids

*Tuesday, Feb 3, noon-1pm*

*MVR 2308*

*with Kim Kopko and Eliza Cook*

*snacks will be served*

Come join us as Kimberly Kopko, Senior Extension Association and Director of Parenting In Context and Eliza Lathrop Cook, Extension Specialist, discuss parenting in the digital age. They will provide an overview of some of the benefits and dangers of technology and media use and provide recommendations for setting rules, monitoring use, and promoting healthy technology and media use with your children and teens.

