

Sponsored by Lourdes University; the Multifaith Council of NW Ohio;  
the Sisters of St. Francis, Sylvania, OH

# Be the Light



## *The Power of Words*

### **Keynote Speaker: Dr. Jason Rose**

Associate Professor of Psychology  
**University of Toledo**

**Keynote Topic:** *The Psychological Costs & Benefits of Social Media on Mental Health*

**The afternoon includes breakout sessions and a panel discussion**

## *Event is Free & Open to the Public!*

**Sunday, September 15, 2024**

2-5 pm

***Franciscan Center***

6832 Convent Blvd

Sylvania, OH 43560

**For additional questions, contact**

**Sister Barbara Vano (bvano@lourdes.edu)**



To register, scan the QR  
code or follow this link:  
[bit.ly/BeLight24](https://bit.ly/BeLight24)