

# Press Release

## FOR IMMEDIATE RELEASE



## “Post Snap Thrive: Social Media Wellness Explored” Event Empowers Teens to Cultivate Healthy Digital Habits

**Palos Verdes, CA - June 1, 2024** – Social Media Wellness for Teens (SMW), a nonprofit founded by teen entrepreneur Sarah ‘Jay’ Bynum, is excited to host "**Post Snap Thrive: Social Media Wellness Explored**" on Saturday, June 15, 2024, from 1:00 PM to 3:00 PM in Palos Verdes, CA. This event aims to help teens foster a positive relationship with social media, focusing on mental wellness, self-awareness, and mindful online engagement.

The event will feature **Keynote Speaker Sarah ‘Jay’ Bynum**, SMW Founder & President, PVHS Class of '25, who will share her journey of creating SMW and inspiring her peers to use social media in healthier, more positive ways.

Other speakers include:

- **Corry Matthews** – Nutritionist and fitness expert, discussing strategies for mental and physical wellness in the digital age.
- **Wanda Webster** – Educational Therapist, offering insights on using social media for educational growth.
- **Teen Testimonials** from:
  - **Emma Treganza**, SMW Vice President, PVHS Class of '25
  - **Alex Matthews**, Teen Entrepreneur, PVHS Class of '27

This interactive event will create a space for teens to share personal experiences, ask questions, and learn from both experts and their peers. Attendees will leave with actionable strategies to improve their digital well-being, manage their social media habits, and foster a more positive online presence.

Founder Sarah ‘Jay’ Bynum, a senior at Palos Verdes High School, created Social Media Wellness for Teens to inspire her peers to leverage social media in a way that positively influences themselves and their communities. Her dedication to promoting healthy digital engagement is the driving force behind this impactful event.

To RSVP and receive more information about "**Post Snap Thrive: Social Media Wellness Explored**", visit [www.socialmediawellness.org](http://www.socialmediawellness.org). The event’s address will be provided upon confirmation of attendance.

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