



NEWS RELEASE

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BCPS Parent University to host virtual sessions on family yoga, vaping and tobacco education

Towson, MD -- Every month, Baltimore County Public Schools' Parent University, often with community partners, hosts learning and support opportunities for parents, caregivers, and families.

During March, ParentU is hosting a free virtual **Family Yoga Night** in partnership with United Healthcare. The event is appropriate for all ages and will take place on Tuesday, Mar. 16, at 6:30 p.m. Please [register online](#) for information about how to join.

The next day, ParentU, in partnership with Baltimore County Department of Health, will offer "**Vaping & Tobacco Education for Parents & Students.**" The virtual session, appropriate for all ages, will explore the harmful effects of smoking and vaping, along with the relationship between smoking, vaping, and COVID-19. A session on Wednesday, Mar. 17, will be offered in English. The presentation will be offered again in Spanish on Thursday, Mar. 18. Both sessions will begin at noon. Please [register online](#) for information about how to join.

For more information on these and other Parent University events, visit the Parent University [online schedule](#). New events are added weekly.

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[Baltimore County Public Schools](#), the nation's 25th largest school system, is focused on raising the bar and closing gaps to prepare our students for the future. Thanks to innovative and talented leaders, teachers, staff, and students, BCPS celebrates [many honors](#).