

# UNPLUG & CONNECT

April 15: 7:00pm: Spanish Fork High School, 99 N 300 W, Spanish Fork, UT 84660

## A COMMUNITY MAKING A DIFFERENCE

*Strengthen Families and Kids*



Christy Kane PhD, CMHC

Promotional  
Video:

[https://  
www.youtube.com  
/watch?  
v=jpI9Myzdrqg](https://www.youtube.com/watch?v=jpI9Myzdrqg)

Dr. Kane uses clinical experience and scientific research to explain the neurological changes taking place in the developing brain due to the impact of electronics

## HOW ELECTRONICS IMPACT THE HUMAN BRAIN

Attendees learn key solutions to help stabilize their families in this electronic world



- How many hours a day do you or your family members use electronic devices?
- Is this electronic usage impacting the growth and development of the brain?
- Is social media bad for you and/or your family?
- Are there ways to help offset the negative effects of electronics use?
- Are electronics neurologically addictive?