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ON-DEMAND WEBINAR

Rewired:

Protecting your Brain in the Digital Age



Dr. Carl Marci
MD

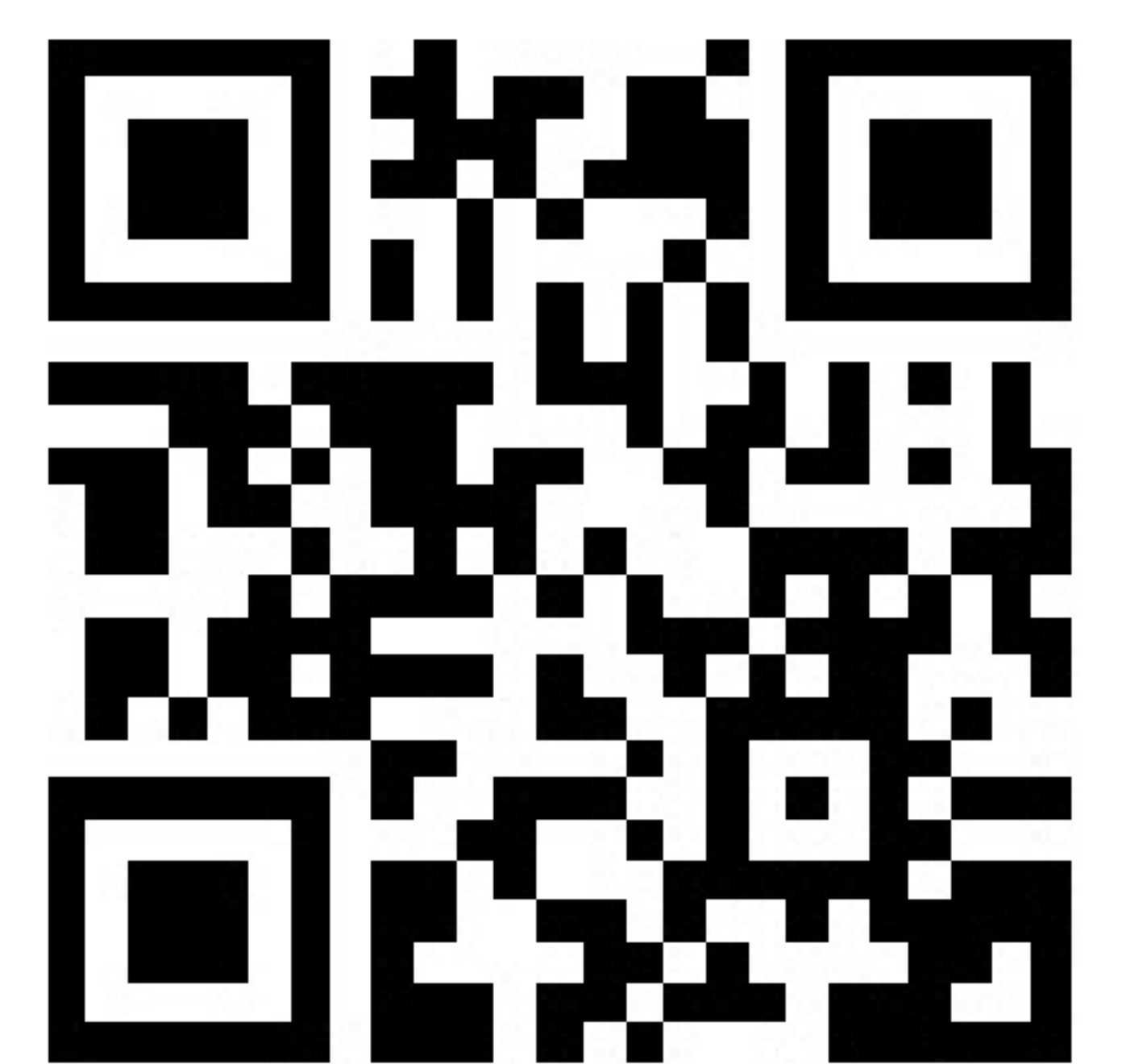
Description:

Do you feel addicted to your screen, cell phone or social media? Are you concerned about how much time your teen, school age child or toddler is spending in front of screen? What's the impact on physical & mental health & social connections? The science is in & there is proof that the pre-frontal cortex of our brains is being rewired in stark & dramatic ways. Join Dr. Carl Marci, a psychiatrist, to hear the science & and more importantly, to hear scientifically supported solutions for everyone who wants to restore their tech-life balance – from those concerned about their personal & children's exposure to the internet, to teachers wondering about digital strategies in the classroom, & to stressed out employees dealing with the deluge of emails and managing the employer's expectation of 24/7 availability.



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