



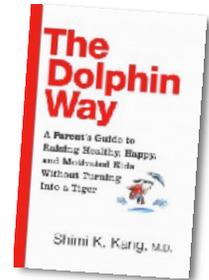
A day with
Shimi Kang, MD

THE DOLPHIN WAY

7 p.m. Wednesday January 31, 2018

The Dolphin Way: Raising Happy, Healthy, and Self-Motivated Teens

Anxiety disorders, high stress, suicide, and addiction are on the rise in our youth. Drawing on the latest neuroscience and behavioral research, Dr. Kang shows why some parenting styles actually hinder adaptability and others guide students toward lasting health and joy. Kang will provide a four-part guide to the art and science of inspiring children to develop their own resilience and internal drive for a lifelong love of learning. Join us and learn the skills people of all ages need to thrive in the 21st century: collaboration, contribution, creativity, communication, and critical thinking.



College of DuPage McAninch Arts Center 425 Fawell Blvd., Glen Ellyn, IL 60137
Additional parking to the south of the Mac.

THE MYTH OF NORMAL

12 p.m. Wednesday January 31, 2018

Understanding Anxiety, Depression and Addiction

There is no doubt that mental illnesses must be destigmatized and treated like physical illnesses. Thus, just as the physical symptoms of pain, weakness, or dysfunction must be evaluated for root causes, so too must the mental symptoms of anxiety, depression, and addiction. However, even more than our physical body, our brains are exquisitely “neuroplastic” and ever changing, leading to the question: what is normal and what isn’t? In this fascinating talk, Dr. Kang will explain how the brain works, specifically looking at symptoms of anxiety, depression, and addiction as “signals” to produce greater change. Kang will also provide powerful, evidence-based communication and lifestyle “prescriptions” for health, happiness, and resilience.

Marquardt Administration Center. 1860 Glen Ellyn Road, Glendale Heights, IL 60139

These free programs are open to the public. CPDUs are available.

