

Shimi Kang, MD

THE MYTH OF NORMAL

Wednesday, January 31, 2018 / Marquardt Administrative Center / 1860 Glen Ellyn Rd. / Glendale Heights / 12 p.m.

THE DOLPHIN WAY

Wednesday, January 31, 2018 / College of DuPage McAninch Center / 425 Fawell Blvd. / Glen Ellyn / 7 p.m.



The Myth of Normal: 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.

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.



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

