

"Crazy Busy or ADD? How to Diagnose and Manage the Chaos of Modern Life"

Edward Hallowell, M.D.
Wednesday, October 21, 2009
Noon to 1 p.m.
Q1-201

This activity has been approved for *AMA PRA Category 1 Credit*™.

Abstract: This presentation will identify traps in modern life sets that lead people into stressed unhealthy lifestyles, identify true symptoms of ADD and learn practical tips for coping with a crazy busy lifestyle and with ADD.



Bio: **Edward (Ned) Hallowell, M.D.**, a child and adult psychiatrist and graduate of Harvard College and Tulane Medical School, is the founder of The Hallowell Center in Sudbury, Massachusetts and New York City. He was a member of the Harvard Medical School faculty from 1983 until he retired from academics in 2004 to devote his full professional attention to his clinical practice, lectures, and the writing of books. He has authored fifteen books on various psychological topics, including attention deficit disorder, the power of the human connection, the childhood roots of happiness in life, methods of forgiving others, dealing with worry, parenting and managing excessive busyness.

Dr. Hallowell is a highly recognized speaker around the world and has presented to thousands on topics such as ADD, strategies on handling your fast-paced life, the Childhood Roots of Adult Happiness and other pertinent family and health issues. He has been featured on 20/20, 60 Minutes, Oprah, PBS, CNN, Dr. Phil, The Today Show, Dateline, Good Morning America, The Jane Pauley Show, The View and many more. He has been interviewed for The New York Times, USA Today, Newsweek, Time Magazine, U.S. News and World Report, USA Weekend, the Los Angeles Times, the Boston Globe and many, many more.

Please join us for this event by attending the presentation or visiting the Employee Wellness Web site, cchs.net/wellness, to view the presentation live from your computer.