



Health Action Network Society

Are our addictions to technology and social media altering our mental and physical health?

i-Minds

Join Dr. Mari Swingle, author of *i-Minds: How Cell Phones, Computers, Gaming, and Social Media Are Changing Our Brains, Our Behavior, and the Evolution of Our Species*, for an exploration of how excessive usage of screen-based technologies is affecting social, emotional and cognitive development in the young --and changing the base physiology, and arguably the health, of all of us!

Sunday, July 9, 2017 7:00 pm
Canadian Memorial United Centre for Peace
1825 W. 16th Avenue, Vancouver, BC
Tickets available through Eventbrite
HANS Members: \$10 Non-Members: \$12
For information call HANS at 604.435.0512

Dr. Mari Swingle is a Board-Certified Neurotherapist since 2000. Dr. Mari is the 2015 winner of the Association for Applied Psychophysiology and Biofeedback (AAPB) Federation of Associations in Behavioral and Brain Sciences (FABBS) Early Career Impact Award for her research on the effects of i-technology on brain function.

