



Camperdown Academy Workshop Series Presents

## ADHD: TIPS & TRICKS FOR SUPERPOWERING THE BRAIN

Co-hosted with Children's ADDvocacy of South Carolina

### WHEN

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Wednesday  
February 19, 2020  
6:30-8:30 PM

### WHERE

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Camperdown Academy  
65 Verdae Commons Drive  
Greenville, SC 29607

### RSVP

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*This event is free and open to the public*

Please RSVP:  
Kate @ 864-244-8899 x110 or  
[kfranch@camperdown.org](mailto:kfranch@camperdown.org)

*\*Certificate of Attendance provided to each attendee*



CHILDREN'S ADDVOCACY  
OF SOUTH CAROLINA

Children's ADDvocacy  
of South Carolina

### WHAT YOU WILL EXPERIENCE

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- What ADHD is and isn't, its genetics vs. lifestyle components, and treatment options
- The research behind how nutrition fuels the brain
- Food ideas to bolster optimal brain health
- The role of exercise and practical ways to easily incorporate it into your daily schedule

### WHO SHOULD ATTEND

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*The following groups will benefit from this session:*

- Parents and family members who have ADHD or have a loved one with ADHD
- Educators and school administrators
- Psychologists, counselors, tutors
- Health professionals, physical and occupational therapists

### THE PANEL

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- Dr. Megan Bradham, Family Physician, Prisma Health
- Michele Chastain, Certified Health Coach
- Valerie Slade, Wellness Educator
- Heather Ware, MSR-PT, Pediatric Physical Therapist

### *About Camperdown Academy*

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*Founded in 1986, the non-profit school serves children in grades 1-8 who struggle with dyslexia. A schoolwide 3:1 student to teacher ratio allows a multisensory approach to instruction to be individualized based on the learning profile of each child. The school also provides ongoing education and training for professionals and parents.*



REGISTRATION