

Living With ADD/ADHD or Neurological Challenges

Many adults question whether Attention Deficit Disorder (ADD) and/or Hyperactivity (AD/HD) affect them, or a loved one, and if so, why they have such neurological difficulties. Understand how the brain functions and why neurological challenges exist. Uncover your natural talents and strengths, and learn about helpful nutritional and medical research. Hear what science is saying and what can be done to help. In a safe environment, learn to identify things that cause AD/HD'ers to shut down or thrive. This informative class encourages you to shed negative beliefs and to build a self-image of "wholeness." You don't have to be ADD to benefit from this class. Tracy Weegmann is a certified AD/HD coach and a graduate of ADDCA Coach Academy, specializing in AD/HD psycho-neurological education. She coaches medical professionals and ADHD clients how to thrive while living with ADHD or neuro-difficulties.

Price: \$44 Non-Member ~ \$35 Member ~ \$10 materials fee payable in class

Class #	Class Dates	Area of town
3250BC	One Sat., 8:30 a.m.-12:30 p.m. 10/17	EAST DENVER: Near 1st & Quebec
3250BD	One Sat., 8:30 a.m.-12:30 p.m. 11/14	EAST DENVER: Near 1st & Quebec
3250BE	One Sat., 1-5 p.m. 12/12	EAST DENVER: Near 1st & Quebec
3250BF	One Sat., 8:30 a.m.-12:30 p.m. 1/23	EAST DENVER: Near 1st & Quebec

New Spring Classes coming soon, keep checking for the new Spring Schedule.