

ESQUIMALT FAMILIES WE
INVITE YOU TO A LIVE
ZOOM SESSION - JOIN IN
TO LEARN MORE ABOUT...

MENTAL HEALTH & THE TEENAGE BRAIN

with Dr. Shimi Kang

**AWARD-WINNING
HARVARD-TRAINED PHYSICIAN |
BESTSELLING AUTHOR | GLOBAL
SOCIAL ENTREPRENEUR**

AN AWARD-WINNING MEDICAL DOCTOR, RESEARCHER, AND EXPERT ON THE NEUROSCIENCE OF INNOVATION, LEADERSHIP, AND MOTIVATION, DR. SHIMI KANG PROVIDES SCIENCE-BASED SOLUTIONS FOR HEALTH, HAPPINESS, AND ACHIEVEMENT IN THE WORKPLACE, CLASSROOM, AND AT HOME. WITH 20 YEARS OF CLINICAL EXPERIENCE AND EXTENSIVE RESEARCH IN THE SCIENCE THAT LIES BEHIND OPTIMIZING HUMAN INTELLIGENCE, KANG PROVIDES PRACTICAL TOOLS TO CULTIVATE THE KEY 21ST CENTURY SKILLS OF RESILIENCE, CONNECTION, CREATIVITY, AND MORE.

Tuesday, February 2nd
7:00 pm - 8:00 om
Zoom Link will be emailed to
all families on Monday,
February 1st

