



MindsapesHealth
and
INCADDS

Information Evening:

Teenagers with ADD/ADHD

Symptoms, management at school
and at home, and treatments

Learn how to recognize and efficiently manage symptoms of ADD/ADHD in teenagers; Help teenagers to improve their study skills and behavior. Find out about Neurofeedback Training (NFT), a cutting-edge scientifically approved technology that can successfully target **attention deficit, hyperactivity, impulsivity, anxiety, and mood changes.**

Movie Premiere: *Rock your Mind* – a personal story of how NFT helped a teenager stay at school and improve performance

Wednesday, **26th September at 5pm**, Ballybane Enterprise Centre, Galway

www.MindsapesHealth.com