



Technology and Activity: What's the right balance for your kids?

Balanced Technology Management for Children and Youth:
An evening workshop for parents

Cris Rowan BScOT, BScBi, SIPT-certified



Monday, Nov. 6, 2017
6:30 p.m. to 8:30 p.m.

Canad Inns Destination Centre
Polo Park
1405 St. Matthews Ave.
Winnipeg, MB, R3G 0K5

TV, video games, Internet, movies, cell phones and handheld devices occupy the majority of a child's waking hours. In fact, a 2010 Kaiser Foundation study shows that on average children spend **7.5 HOURS PER DAY** on entertainment technologies.

To what degree is dependence on electronic devices affecting your child's health and development?

How can you change your child's path to a better, healthier future?

Join Cris Rowan, creator and CEO of Zone'in Programs Inc., in a lively and engaging evening workshop where you'll learn **how to balance your child's technology use with real-world activity.**

You'll:

- Gain critical information about the impact of entertainment technology on your child's development.
- Learn how to evaluate your family's balance between technology use and other non-technology activities.
- Understand how to apply Balanced Technology Management (BTM) initiatives, including steps to disconnect your children from technology.

ABOUT CRIS ROWAN

Cris Rowan is known around the world as an expert, speaker, author, and specialist on the impact of technology on children's neurological development, behavior, and ability to pay attention and learn.

Cris has Bachelor of Science degrees in Occupational Therapy and in Biology, is a SIPT-certified Pediatric Sensory Specialist, and is CEO of Zone'in Programs Inc., which provides products, workshops, training, and consultative services to promote technology balance and productivity.

Cris has created the:

- New Zone'in, Move'in and Unplug'in programs.
- Foundation Series Workshops and Zone'in Training for therapists.
- Creating Sustainable Futures program.

She's written *Virtual Child* – the terrifying truth about what technology is doing to children.

REGISTER AND PAY BY CHEQUE

Complete and fax this form to 204-788-4105.

Name: _____

Address: _____

City: _____ Prov.: _____ Postal Code: _____

Phone: _____

Email: _____

Make cheque payable to Alloway Therapy Services, and mail to: Alloway Therapy Services, 468 Academy Road, Winnipeg, MB R3N 0C7

GROUP INFORMATION

Please list the full name and email address of any additional people joining you. If you're attending with more than three people, please attach a separate sheet with their contact information.

Name #1: _____

Email: _____

Name #2: _____

Email: _____

Name #3: _____

Email: _____

REGISTER ONLINE AND PAY USING PAYPAL

Visit www.allowaytherapy.com.

HANDOUTS

You will receive an email before the start of the workshop with handouts to review.

QUESTIONS?

Contact info@allowaytherapy.com.



[p] 204-788-4100 [f] 204-788-4105

[e] info@allowaytherapy.com

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CONTINUING EDUCATION**

**by The American Occupational
Therapy Association, Inc.**

WORKSHOP DATE AND LOCATION

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Plenty of FREE Parking

WORKSHOP COST

Payment is due upon registration (GST included in price).

Registration Fee:

Single: \$50

*Group: \$40 per person

***GROUP:** Three or more people.

Refund Policy: NO refunds – alternate person may attend, if you notify us prior to the workshop.

Receipts: Distributed at registration table.

SEATING IS LIMITED – REGISTER TODAY!