

Raising Healthy Children in the Screen-Age

with **Dr Mary Redmayne**

PhD, Independent Researcher, Consultant and Educator in Environmental Health (Transmitting Technology)

Dr Redmayne will provide useful information and research to help parents, teachers and health professionals navigate their way through the challenging decisions about children's use of transmitting devices.

The presentation will address:

- **Adverse effects associated with screens**
- **Avoiding postural effects and impaired eyesight**
- **Screen addiction - what to look out for and ways to avoid it**
- **How much time on devices is too much?**
- **Why and how to minimise radiofrequency exposure**

Buy tickets at **Eventbrite.co.nz (Healthy Children in the Screen Age)**
or in store at **Cornucopia, Hastings**

For more details please contact Fleur Black 021 890 308

Thurs 14 Mar, 7-8:30pm
The Function Centre
Havelock North
30 Te Mata Rd

**Early bird
til Mar 7th**

\$15

**Regular
price
after Mar 7**

\$20