



RESTART:

DESIGNING A HEALTHY POST PANDEMIC LIFE

March 9, 2023

Noon – 1:00 pm

Virtual Session | Microsoft Teams

About the Session:

The pandemic changed everything about our daily lives. Increased attachment to technology saved us and also came with a cost. As the world re-opens, we have much to work through in order to return to a semblance of “normal life.” This talk will help identify the habits that got us through the last 3 years so that we can decide if they are promoting health or not. Filled with fast paced media and tons of tips and tools, this talk is fitting for everyone.

Meet Your Speaker:

Doreen Dodgen-Magee is a psychologist, author, and speaker who addresses how technology is shaping people and how boredom might save our lives. Far from technology averse, her research centers on moderation with tech use alongside intentionally rich, embodied lives. Her books, *Deviced! Balancing Life and Technology in a Digital Age* have been awarded Gold and Silver Nautilus Awards and have been featured in the New York Times, Time Magazine, the Washington Post, Ammanpour & Company, and many podcasts, radio and television shows. In her volunteer life Doreen serves as an Everytown for Gun Safety Survivor Fellow and a national trainer for Moms Demand Action. Doreen loves dark coffee, going barefoot, dancing, her meditation cushion, and people...especially people.

Doreen's energetic, fast paced, research based talks can be found online at DoreenDM.com.

Registration Options:

Register online at <https://bit.ly/OakFit-Restart>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

