

# ADHD

## YOUR OPTIONS & ANSWERS



**TUESDAY,  
SEPTEMBER  
19TH  
AT 6:30PM**

**Bettendorf Public  
Library**

PRESENTED BY:  
**The National Wellness  
Foundation**

and SPEAKER:  
**Dr Travis Howell**

**COME TO THIS FREE  
COMMUNITY  
WORKSHOP AND  
FIND ANSWERS**

## Have you or your child been diagnosed with ADHD?

If not, have you wondered if they should be?  
Do you know what your management options are?

**ATTEND THIS FREE WORKSHOP**  
and find out what the real cause is behind ADHD and what  
simple steps can be taken to successfully manage it  
and better yet even prevent it!

**SEATING IS LIMITED**  
**ADHDactionQC.com or 563-424-1815**

Tuesday, September 19, 2017 at 6:30pm  
**BETTENDORF PUBLIC LIBRARY**  
2950 Learning Campus Drive, Bettendorf, IA 52722