*Why Can’t That Boy Sit Still?*

***Food and Mood: A Nutritional Approach to Treating Attention Deficit Hyperactive Disorder (ADHD)***

*Presented by:* Dr. Faruq T.N. Iman, C.H.P



*Dr. Faruq Iman works as an African-centered psychologist and certified holistic healer.*

**Workshop Overview**

This workshop attempts to address a natural/nutritional way of treating ADHD without the use of “over-the-counter” (OTC) and/or prescribed medications (PM). OTC and PM tend to give many people dangerous side effects as well as inhibit the absorption of vital nutrients.

**Workshop Objectives**

1. Definitions of ADHD;
2. Tests used to determine ADHD;
3. Conventional medications prescribed to treat ADHD;
4. Natural/nutritional approaches to treat ADHD;
5. Educational courses and organizations that teach and treat mental health naturally.

**Place:** Atiya Ola’s Spirit First Foods Restaurant

 310 S. 48th Street (between Spruce & Pine Sts.)

**Date:** Saturday, May 19, 2018

**Time:** 11:00 A.M. – 1:00 P.M.

***Workshop and materials are free***