

FOR IMMEDIATE RELEASE
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The Childhood Roots of Adult Happiness
Discover Ways to Help Children of All Ages Create & Sustain
Lifelong Joy
FREE Community Speaker Event

(Sarasota – August 6, 2014) Forty Carrots Family Center is pleased to present its 12th **annual FREE Community Education Event** featuring nationally recognized child and adult psychiatrist, best-selling author and world-renowned speaker **Dr. Edward Hallowell**.

Hallowell will present ***“The Childhood Roots of Adult Happiness: Discover How to Help Children of All Ages Create and Sustain Lifelong Joy”*** for parents, teachers & other professionals on Thursday, October 9th at 7 pm – at Hyatt Regency Sarasota. Admission is free (RSVP required). All attendees will receive a complimentary copy of Hallowell’s best-selling book, *The Childhood Roots of Adult Happiness*.

“This easy five-step approach will outline what all parents can use in giving their children the gift of happiness that will last a lifetime. Connection, play, practice, mastery, and recognition: as fundamental as these five concepts are, they hold the key to raising children with healthy self-esteem, moral awareness, and spiritual values,” explains Dr. Edward Hallowell.

Dr. Hallowell is the founder of The Hallowell Centers for Cognitive and Emotional Health in Sudbury, MA, New York City and San Francisco. He was a faculty member at Harvard Medical School from 1983 to 2004, and graduated from Harvard College and Tulane School of Medicine. He has been prominently featured in the media, including 20/20, Oprah, Dr. Oz, CNN, PBS and NPR as well as 60 Minutes, The Today Show, Dateline, Good Morning America, US News and World Report, Newsweek, the Harvard Business Review, Washington Post, New York Times and other popular publications.

“At Forty Carrots Family Center we are dedicated to strengthening families through education,” said Michelle Kapreilian executive director at Forty Carrots Family Center. “Forty Carrots, with the support of dedicated donors such as Caldwell Trust Company, is bringing the community together to help families make

informed decisions as they navigate the most challenging and rewarding job of parenting.”

Certificates of Attendance will be available for eligible professionals.

About the FREE Speaker Event

Featuring Dr. Edward Hallowell

Thursday, October 9, 2014

7:00 – 8:30 pm

Hyatt Regency Sarasota, 1000 Blvd. Of the Arts

Limited Seating * Reservations Required

www.fortycarrots.org * For more information 941-365-7716

Forty Carrots’ past speaker events have reached over 7,500 parents, professionals and educators in our area. The annual speaker presentation continues to be **free** to the community through the generosity of many underwriting sponsors including presenting sponsor Caldwell Trust Company, Publix Super Markets Charities, Funnybone Animation, Sarasota Memorial Health Care System, Williams Parker-Attorneys at Law, Ashley Kozel, Dart Foundation, First Watch Restaurants, Imagi-Nation LLC, and John & Retta Wagner.

Mark your calendar to attend. Visit www.fortycarrots.org to RSVP today. Reservations are required. Seating is limited.

Forty Carrots Family Center is a 501(c) 3 nonprofit organization dedicated to strengthening families through educational programs for parents, children and professionals in the field. If you or your organization would like to contribute toward this event please call 941-365-7716. For more information visit www.fortycarrots.org.

For more information about the speaker Dr. Edward Hallowell visit www.drhallowell.com

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