

Can Your Child See? Really See?



Optometrist and vision therapy pioneer Dr. Lynn F. Hellerstein presents
Breakthrough Visualization Strategies for Children

in a

FREE Webinar

March 11, March 17, March 23

What: The **SEE IT. SAY IT. DO IT!** Webinar is free to all parents and teachers. It will address why millions of children needlessly struggle in school because of undetected vision problems. All registrants will receive a free download of Chapter 1—Visualization from her book, **SEE IT. SAY IT. DO IT!**

Why: 20/20 vision does NOT mean perfect vision! Many children have 20/20 eyesight, yet 1 out of 4 children have vision problems. This impacts their school and sports performances.

- Does your child struggle in school?
- Does your child have difficulty with or playing sports?
- Does your child resist reading and writing?
- Does your child lack confidence?

If you answered “yes” to any of the above, then the **SEE IT. SAY IT. DO IT!** Webinar will deliver solutions that will help get your child back on track.

Who: **Parents and teachers.** Eye & Health-care professionals also welcomed.

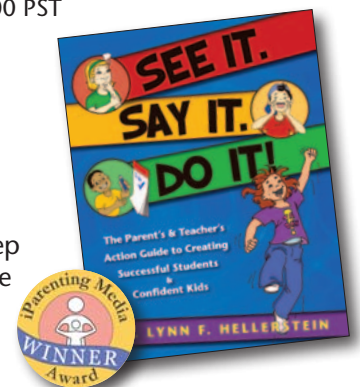
Presented by: Optometrist Dr. Lynn F. Hellerstein, O.D., FCOVD, FAAO, has been a pioneer in vision therapy for more than 30 years. Her expertise in developmental optometry has inspired thousands to improve their vision and enhance their lives. She has successfully treated children and adults with learning, visual perception and visual motor difficulties. Dr. Hellerstein is the founder of a private optometric practice in Centennial, CO (in Metro- Denver). She is a frequent lecturer and consultant to parent, educational groups, sports teams, rehabilitation and other medical professionals. A Fellow of the College of Optometrists in Vision Development (COVD) and American Academy of Optometry, Dr. Hellerstein is a past president of COVD. She is the author of **SEE IT. SAY IT. DO IT!**

When: **March 11, 17, 23** (Choose one date) 9:00 EST, 8:00 CST, 7:00 MST, 6:00 PST

Where: Location is your choice ... you need a computer and phone

Register: **LynnHellerstein.com/webinar/**

SEE IT. SAY IT. DO IT! is an easy to read, delightfully illustrated book that shows parents, educators and therapists how visualization improves children’s lives. It provides easy, practical, step-by-step strategies and activities to enhance children’s visualization skills by teaching them how to create pictures in their minds, declare their goals and take action to make their dreams reality. With Dr. Hellerstein’s award-winning book, parents and teachers now have solutions to many of the blocks that affect a child’s ability to learn and perform.



www.SeelItSayItDolt.com

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Additional opportunity for parents, teachers, and other health-care professionals.

Register for a 3-part webinar series.

*This 3-part series will delve deeper into the **SEE IT. SAY IT. DO IT!** Model to:*

- 1.** Create academic success
- 2.** Improve sports & music performance
- 3.** Increase confidence



In this 3-part webinar series, you will learn how to help your child:

- Visualize (See It.)
- Make Declarations (Say It.)
- Take Action (Do It!)
- Celebrate the Ta-Dah! (Transform)
- Use The **SEE IT. SAY IT. DO IT!** Model to improve academic performance (includes strategies for reading comprehension, spelling, math facts, creative writing)
- Successfully prepare for tests
- Increase sports and music performance through visualization
- Build self-confidence

Cost: \$79 for 3-part series (\$29/week). You may sign up for 1 part or the entire 3-part series.

When: **Tuesday evenings, April 6, 13, 20, 2010.** 9:00 EST, 8:00 CST, 7:00 MST, 6:00 PST

Register: LynnHellerstein.com/webinar/