



## Short Bio for Child Programs

By 1996, both my children were diagnosed with severe autism, ADHD, Sensory Disorder, and more. One doctor even said to put my second son in an institution and move on with my life. This is where my journey began...

It took me 7 years to discover some powerful new techniques that were scientifically proven to promote brain development. They literally changed my life!

When I started using these techniques, my children's challenges improved more in just a few months than in all the 7 years combined!

In fact, the changes were so dramatic that other parents noticed and started asking me to work with their children.

That's how BrainWorx was born. For the past 20 years I have worked with thousands of families to help their children overcome anxiety, overwhelm, distractibility, foggy thinking, procrastination and much more.

What I found was that movement changes the brain, which allows us to have more functions, and having more functions allows us to have greater ease in life.