



University of Iowa Children's Hospital Autism Center Presents:

Understanding Autism: Practical Help for Parenting Children with Autism 2015 Workshop Series

“Caregiver Wellness and Stress Reduction Techniques”

Thursday, April 9th from 6:30-8pm

Few would dispute that parenting children on the autism spectrum can be stressful. But is it affecting our health and are there any options for reducing stress? Dr. Suzanne Bartlett, board certified integrative medicine physician and parent of a child on the autism spectrum, will address the subject of caregiver stress and its effects on our health and life expectancy. An interactive demonstration of HeartMath biofeedback will allow participants to objectively visualize the way stress affects our heart rate variability, and techniques will be explored that offer immediate relief.

About Our Speaker

Suzanne Bartlett, M.D.



Suzanne Bartlett, M.D. is a board certified OB-Gyn and Integrative Medicine physician who completed a prestigious fellowship in integrative medicine with Dr. Andrew Weil at the University of Arizona Center for Integrative Medicine and became the first board certified integrative medicine physician in the state of Iowa. Dr. Bartlett is the mother of a teenage son, John, who has autism, and has been heavily involved in autism advocacy on the subjects of curriculum, legislation and training for first responders. She is past president and current board member of the Autism Society of Iowa, is a member of the Advisory Council for the University of Iowa Autism Center, and has worked with the Iowa Governor's Autism Council on insurance reform for autism services. Her children's book, *“A Friend Like John; Understanding Autism”* has been the recipient of several national and international awards.

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**Understanding Autism: Practical Help for Parenting Children with Autism
2015 Workshop Series**

Topic	Cost	Date and Time of Workshop
<i>“Caregiver Wellness and Stress Reduction Techniques”</i>	Free	Thursday, April 9th 6:30pm-8pm

Registration Information

To register for a workshop email: **mary-roberts-1@uiowa.edu** or call: **319-467-5658**.

- Please indicate whether you would like to attend the workshop at the Center for Disabilities and Development or by Webinar on your computer.

Directions and Parking

Maps and directions available online at: **www.uihealthcare.org/yourvisit**. The closest available parking is the visitor parking lot in front of the Center for Disabilities and Development. Parking is also available in Ramps 1 or 3. **There is a fee for parking**. Families can use the coined meters in the visitor parking lot or use cash or credit card in Ramps 1 and 3.

Location

University of Iowa Children's Hospital
Center for Disabilities and Development
Rembolt Conference Room (first floor)
100 Hawkins Drive
Iowa City, IA 52242

Contact Information

Questions or more information? Please contact:
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