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MONTHLY SPEAKER SERIES



## Ask the Expert with Donna Jackson Nakazawa

*“How Our Biographies Become Our Biologies: The Link between Adversity in Childhood and Sickness in Adulthood”*

**Live Q&A Session Wednesday, February 10, 2021 10:00-11:00 am**

Conventional wisdom tells us what doesn't kill you makes you stronger. But the science tells us that, far more often, the opposite is true. This presentation will include groundbreaking information on how childhood adversity can lead to health problems later in life.

This event is structured as a live Q&A session. Prior to the session, attendees will receive a link to a recorded presentation by Donna on topics such as:

- The Adverse Childhood Experiences study (ACEs) background
- Do certain ACEs have more effect on the brain and body?
- Do ACEs affect girls differently than boys?
- Along with information on Epigenetics, trauma and schools, social media and more!

Building on ACEs research, **Donna Jackson Nakazawa** shows us that chronic stress can affect our brains, behavior – and even our immune systems. She'll provide practical tips on what parents, mentors and caregivers can do to help build healthy children.

[Register Now](#)

Or copy and paste this link in your browser: <https://cirinc.org/events/event-pages/ask-the-expert-with-donna-jackson-nakazawa.html>

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