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EL DORADO UNION HIGH SCHOOL DISTRICT  
**PRESS RELEASE**

SUPERINTENDENT'S OFFICE  
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**FOR IMMEDIATE RELEASE**

April 27, 2017 | El Dorado County, CA

**You Are Invited To A Special Presentation By:  
Dr. Reggie Melrose - "The 60 Seconds FIX"**

**Who:** Psychologist, Best Selling Author and Lecturer - Dr. Reggie Melrose  
**What:** The 60 Seconds FIX  
**When:** Thursday, May 18, 2017 from 6:00 PM to 7:30 PM  
**Where:** Oak Ridge High School Multi-purpose Room (Adjacent to the Gym)  
1120 Harvard Way, El Dorado Hills, CA  
**Event Flyer:** Attached.  
**Contact:** Courtney Soto, (530) 622-5081, ext. 7224, [csoto@eduhsd.k12.ca.us](mailto:csoto@eduhsd.k12.ca.us)

**Psychologist Dr. Reggie Melrose** is the best-selling author of *The 60 Seconds Fix* and creator of *Brain Charge: The K-12 Curriculum*. She has authored several other noteworthy resources including the groundbreaking books, *You Can Heal Your Child* and *Why Students Underachieve*. She is a well-known international speaker and consultant specializing in the application of current neuroscience to educational practice and parenting. Dr. Reggie cultivates in others simple yet powerful pathways for stress relief, greater balance, more ease and, ultimately, joyful living. She works with adults, children and adolescents healing the effects of stress and trauma. Her private practice is in Long Beach, CA. For more bio, go to [www.drmelrose.com](http://www.drmelrose.com).

**Overview:**

RELIEVE STRESS IN 60 SECONDS OR LESS! The 60 Seconds Fix is the timely response to our collective calling for quicker, easier solutions to our stressful lives. Keeping up with our fast-paced, technologically driven world has stressed us beyond tolerance and we're tired of not feeling good! In an easy, fun, and experiential format, The 60 Seconds Fix empowers us all:

- To notice quickly when we are in or out of The Zone: the feeling good place of optimum arousal that makes peak performance possible
- To savor more abundantly the times when we are in The Zone performing our best
- To know exactly how to get back in The Zone fast to feel good and perform well no matter what our endeavor

Dr. Reggie Melrose keeps us laughing about the way we are currently juggling it all while giving us a solid, practical toolkit that will have us feeling less stressed and more playful, less worried and more joyful.

Admission to this special event is free (no registration is required) and is open to the public.