

Living in a Digital Age

(the impact screens are having on you and me)

Smartphone addiction is affecting productivity, emotional wellbeing and relationships, a study of young Australians has found...

Forty per cent felt lost without it, 34 per cent lost sleep due to time spent on their devices and more than half were on their phones when they should be doing other things.

The Australian; May 7th 2018

6pm Sunday May 20th

Aldinga Bay Baptist Church

Aldinga Bay
Baptist Church



..... gospel and community

(meeting at Southern Vales Christian College. Aldinga Beach Rd, Aldinga Beach)

www.aldingabaybaptist.org.au

0416073710

About the Speaker



Brad Huddleston is an internationally respected speaker, columnist, teacher and author on important issues such as technology and culture. He has worked within universities, schools, churches and law enforcement authorities, and spoken to tens of thousands around the world on both the advantages of well-used technology tools and the dangers of the growing trend toward technology addiction. Brad is a frequent guest on radio and television and author of *Digital Cocaine: A journey Toward iBalance* and *The Dark side of Technology: Restoring Balance in a Digital Age*.