

Look UP

“I don't want you to stop using social media or smartphones. I use them too! It's just about finding a balance. It's about making sure you are awake, alive and living life in the moment; instead of living your life through a screen.”

Written, Performed & Directed by Gary Turk.

Please click the link below to watch this 5-minute heart-tugging video:

https://www.youtube.com/watch?v=Z7dLU6fk9QY&ab_channel=GaryTurk



Jeffrey E. Hansen, Ph.D.
Center for Connected Living, LLC

“The views expressed are those of the author and do not reflect the official policy of the Department of the Army, the Department of Defense or the U.S. Government.”