Lynn F. Hellerstein, O.D., FCOVD, FAAO, has inspired thousands of people to improve their vision and enhance their lives. She is known as a pioneer in vision therapy and has created “brain-based” visual strategies to help children and adults increase school and work success, improve sports performance and confidence. For more than 35 years in private optometric practice, Dr. Hellerstein has treated children and adults with learning and reading problems, visual processing deficits or brain injuries.

An author and international speaker, Dr. Hellerstein has published extensively on vision related topics. Her award-winning book, *See It. Say It. Do It!: The Parent’s & Teacher's Action Guide to Creating Successful Students & Confident Kids* (2010) is a remarkable resource for parents, educators and therapists. *See It. Say It. Do It! Organize It!* (2011) is a complementary workbook to help children and adults learn how to create “action plans” to help with their organizational skills. Her newest book, *50 Tips to Improve Sports Performance (2013,)* reveals quick, easy tips to help athletes of all ages.

A Fellow and Past-President of the College of Optometrists in Vision Development (COVD), Dr. Hellerstein is an adjunct faculty member at five schools of optometry. Hellerstein and Brenner Vision Center, P.C., her private optometric practice, is located in the Metro-Denver area. Dr. Hellerstein serves as a consultant to educational and parenting groups, rehabilitation facilities and sports teams.

Her two beautiful adult daughters and three+ grandchildren fill her life with fun and joy!

For more information, visit: [www.LynnHellerstein.com](http://www.LynnHellerstein.com)