

Short Bio + Speaker Introduction

Mark has been compulsively checking his phone for over a decade. He finally mustered up the courage to do something about it. A man of many interests and a wellspring of energy, he is on a mission to teach people healthy digital habits.

Mark holds degrees in economics, psychology, technology, and even had a short stint at massage therapy school. He is determined to remind the world that human touch is the most powerful connection we have.

A recipient of Crain's Detroit Business 20 in their 20s and Oakland County's 40 under 40 awards, Mark has experienced first hand how technology impacts the mind, body and spirit.

So go ahead, check your phone one last time and get ready to have some fun 😊

Please welcome to the stage, Mark Ostach!