

Stressed Out and Looking For New Answers!



Learn ways to balance everything in your
life and reduce your stress!

Hear from an expert how to accomplish this. The program presenter is Lisa Newburger, LISW-S, founder of Discuss Directives, LLC in Solon, Ohio. Ms. Newburger is a licensed social worker and health and wellness educator who will entertain and educate you while she gives you tools to help find that balance.

Wednesday, November 14, 2012



Program sponsored by the
North Coast Chapter, IAAP

Location: REMAX Traditions
8444 Mentor Avenue
Mentor, Ohio
(Just east of Rt. 615)

Schedule:
5:30 p.m. - Doors open
5:30-6:00 - Networking
6:00 - Dinner
6:30 - Program
7:30 - Chapter Business Meeting
8:00 p.m. - Adjourn

Cost: \$10 per person, which
includes a light meal

Checks should be made payable to
North Coast Chapter, IAAP

www.iaap-northcoast.org

Everyone Welcome!

Open to anyone who
has stress in your life

This program is approved for
one recertification credit

Questions? Call Cyndy Sleigh at 440-992-2978, or e-mail: csleigh@suite224.net

Reservations needed by 11/12/12. Cancellations after this date are nonrefundable; however, feel free to send a substitute if you need to! To reserve your spot, clip and mail the bottom portion as indicated. Phone/email/evite reservations are accepted, and are due and payable at the door. No-shows will be invoiced.



Registration for IAAP Meeting of November 14, 2012

Enclose a check for \$10 per person made payable to: North Coast Chapter, IAAP. Clip and mail this bottom portion to arrive by 11/12/12 to: Cyndy Sleigh, IAAP Assistant Treasurer, P O Box 741, Ashtabula OH 44005-0741.

Name: _____ Daytime Phone: _____
Company/Organization: _____
Address: _____ City: _____ State: _____ Zip: _____
E-mail: _____