



THE HEALTHY LAW FIRM WORKSHOP

A healthy law firm includes an environment where people feel safe, valued and appreciated; office policies encourage work/life balance; lifestyles support optimum health; and practice management skills ensure a healthy bottom line.

From this workshop, you will be ready to implement strategies for individual and workplace wellness by

- Improving a full range of practice management skills
- Initiating on-site healthy lifestyle programs
- Enhancing optimum health through stress reduction, nutrition and exercise
- Creating an environment where morale and job satisfaction are high.

Your coaches: Lori Duggan (www.moxiehealth.ca), Lara Morris (www.laramorris.ca) and Shelley Wallace (www.bodylingo.ca). They combine over 40 years of diverse skills and experience covering law, health and motivation.

The cost for the workshop is \$125.00 (includes HST).

| Cape Breton | Valley | Halifax |
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| <p>Friday, October 23, 2009 8:30 a.m. to 12:30 p.m.</p> | <p>Friday, November 6, 2009 8:30 a.m. to 12:30 p.m.</p> | <p>Friday, November 20, 2009 1:00 to 5:00 p.m.</p> |
| <p>Membertou Convention Centre – Muin Room 50 Maillard Street, Membertou</p> | <p>Old Orchard Inn – Salon E, 153 Greenwich Road South, Kings</p> | <p>The Hub Halifax, 2nd Floor, 1673 Barrington Street, Halifax</p> |
| <p>For further information or to register, call Lara at 422-4096 or email workplacewellnessnovascotia@gmail.com</p> | <p>For further information or to register, call Shelley at 477-6218 or email workplacewellnessnovascotia@gmail.com</p> | <p>For further information or to register, call Lori at 220-5722 or email workplacewellnessnovascotia@gmail.com</p> |
| <p>Registration deadline is Thursday, October 15, 2009.</p> | <p>Registration deadline is Thursday, October 22, 2009.</p> | <p>Registration deadline is Thursday, November 12, 2009.</p> |