



CMA Ontario/Mideastern Ontario District

REGISTRATION FORM

Health & Wellness in the Workplace

Are you tired, overworked, and stressed out? With increasing economic demands come even more responsibilities, and a challenge to your time management skills. Often, in the hurried atmosphere of a challenging workplace, people forget about or don't have time for what *really* matters: their health. In this session, you will learn how to make healthy choices in order perform to your full potential and achieve balance. Multiply your time: be well and increase your productivity with this Health & Wellness seminar.

Why you can't afford to miss this session...Michelle Meilleur will assist us to:

- Understand the effects of an unhealthy versus healthy lifestyle on your body and performance in the workplace
- Identify weaknesses and where in your life you should invest in your health and wellness
- Understand that with better food choices and healthy eating habits, you will feel much better and have more energy
- Integrate nutritional recommendations into your life for better health
- Create a list of goals to focus on short-tem changes to achieve long-term goals

Michelle Meilleur is a Registered Nutritional Consulting Practitioner and Homeopathic Physician. In 2009, Michelle successfully completed three years of homeopathic education and she is currently integrating homeopathic medicine into her health practice. Michelle is the owner of Living Well Nutrition & Wellness Coaching based out of Belleville, Ontario. As a Certified Trainer, Michelle is passionate about health & wellness and we encourage you to join us for this interactive session.

Date: Thursday, December 10th, 2009

Location:

Ramada Inn
Loyalist Room
11 Bay Bridge Road
Belleville, ON K8P 3P6
613-969-3411

Time:

5:30 p.m. – Reception
6:00 p.m. – Dinner
7:15 p.m. – Speaker

Cost: \$45.00 plus GST

CPLD: 3 credits

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Please fax or email your registration form to Leena Rosenberg, Tel : (416) 204-3140 or (800) 387-2991 ext 140,
Fax (416) 977-1365, lrosenberg@cma-ontario.org

Name: _____ Member #: _____

Tel: _____ Guest Name(s): _____

Credit Card (Visa/MasterCard): _____ Expiry Date: _____

Signature: _____ Dietary Restrictions: _____

No refunds for cancellations after December 4, 2009. Substitutions accepted at no charge.