



# CMA Ontario/Toronto East District

## REGISTRATION FORM

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**Outer Stress\*Inner Calm  
How to Improve Your Health, Work Performance and Golf  
Game at the Same Time – With Tools as Simple as Breathing**

If you're tired of feeling tired, anxious about being anxious, or feel strained, pained or drained by the stresses of life and work, you'll be wise to attend this informative presentation. Be introduced to simple ways to self-regulate your body and mind in order to gain practical control of stress, tension and anxiety. These techniques have been used by astronauts and elite athletes to improve physical and mental performance and are recommended by doctors for treating insomnia, fatigue, body pain, anxiety, depression, hypertension and more. You will learn why learning how to properly unwind from the harmful effects of stress is a wise move in a wireless world that is becoming more stressful with every passing day.

**Eli Bay** is one of the most experienced and respected mind-body professionals in Canada. His pioneering work has helped tens of thousands of people access powerful but dormant self-healing capacities that are hardwired into every nervous system. His clients include many of the largest organizations in the country and his audio and video resources have taken his uniquely effective approach to an international audience. Check his website [www.elibay.com](http://www.elibay.com) to get a sense of what Eli can contribute to improving your health and performance.

**Date:**

Tuesday, February 9, 2010

**Location:**

Crystal Fountain Banquet Hall  
60 McDowell Gate  
Markham, ON L6G 1B5  
905-513-1900  
[www.crystalfountain.com](http://www.crystalfountain.com)

**Time:**

5:45 p.m. – Registration  
6:30 p.m. – Dinner  
7:30 p.m. – Presentation

**Dinner:**

Soup, Combination Chicken & Beef Dinner, Coffee/Tea and Dessert  
Vegetarian meal is available upon request.

**Cost:**

\$45.00 plus GST – Members  
\$50.00 plus GST – Non-Members

**CPLD:**

3 credits

**No Walk-In's Permitted  
Dress Code: Semi-Formal**

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**REGISTRATION FORM**

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

**Outer Stress\*Inner Calm – Tuesday, February 9, 2010**

Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Tel: \_\_\_\_\_ Guest Name(s): \_\_\_\_\_

Credit Card (Visa/MasterCard): \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Dietary Restrictions: \_\_\_\_\_

**No refunds for cancellations after February 2, 2010. Substitutions accepted at no charge.**