



The First in our 2009 Series of Lunch n' Learns...

And another free benefit of membership

*JOIN US AND DR. SARAH STRANO, DC  
OF LIVE WELL FAMILY CHIROPRACTIC*

### MAXIMIZE YOUR BEST ASSET

- Learn something new about health and wellness
- Become fully aware of your health and wellness as your best business asset
- Learn how to enhance your health and wellness when Canadians generally are getting sicker
- Understand why your spinal health is critical in the health and wellness equation
- Have fun!

#### WHEN...

THURSDAY, JANUARY 8, 2009

REGISTRATION AND LUNCH: 11:30AM

PRESENTATION Q&A: NOON -1PM

#### WHERE...

PINE RIDGE SECONDARY SCHOOL, RESOURCE CENTRE

2155 LIVERPOOL ROAD NORTH (LIVERPOOL RD. NORTH OF FINCH AVE.)

PICKERING

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Registration Form – Jan. 8, 2009 – Free Networking Seminar with Dr. Sarah Strano

**NOTE – Pre registration is required for this event. Space is limited so register today!**

Attendee(s): \_\_\_\_\_ Business: \_\_\_\_\_

Business address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

For further information, please contact the Board office at 905.686.0883.

Registrations can be faxed to 905-686-1057 or emailed to [register@apboardoftrade.com](mailto:register@apboardoftrade.com)

Ajax Pickering Board of Trade, 144 Old Kingston Road, Suite 10, Ajax ON L1S 3Z2 [www.apboardoftrade.com](http://www.apboardoftrade.com)

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