



## The Third in our Series of Lunch n' Learns...

### **LEARN...**

JOIN US AS **ANNE DRANITSARIS**, OWNER OF **THE CENTRE FOR MINDFUL THERAPIES**, DISCUSSES THE IMPACT OF CHRONIC STRESS ON OUR MINDS AND BODIES. NOT HAVING TIME TO RECOVER FROM STRESS CAN CAUSE US TO BE SHORT TEMPERED, WITHDRAWN, ANXIOUS OR DEPRESSED.



IF YOU OR YOUR BUSINESS IS SUFFERING FROM BURNOUT, LACK OF ENERGY FOR WORK OR LIFE AND YOU DON'T KNOW WHERE TO START, COME TO THIS WORKSHOP TO FIND OUT WHAT YOU CAN DO (OR STOP DOING) TO CREATE WELLNESS.

### **LUNCH AND VENUE...**

SPONSORED BY CENTRE FOR MINDFUL THERAPIES  
109 Old Kingston Road, Unit 14 Pickering Village  
(Sauter's Inn building)

### **WHEN...**

THURSDAY, JUNE 5, 2008  
REGISTRATION AND LUNCH, 11:30AM  
PRESENTATION AND Q&A, NOON – 1PM  
REGISTRATION IS FREE (MEMBERS ONLY)

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Registration Form – June 5, 2008 – Lunch n' Learn

***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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