

Making Connections in 2005

Do you have too much e-mail flooding your inbox? If you are like many of our HBAC members, you may be struggling to stem the tide of information overload. This can take time away from important tasks and even impact your personal life.

Fortunately, our February speaker, Marc Lalande, provided us with tools and insights on how to effectively manage this vital communication medium and, more importantly, how to not abuse the privilege of e-mail.

Marc Lalande is the new General Manager of the Council for Continuing Pharmaceutical Education (CCPE). His mission is to improve professional standards within the Canadian pharmaceutical industry.

Employing adult learning principles, Marc led the group in a

fun, interactive workshop in which participants discovered new ways to correspond more effectively and gain control of their e-mail inbox, thereby regaining lost time.

That's what HBAC is all about: networking with other professional women in the health-care industry while developing skills in an interactive, informative environment.

We are very excited about our 2005 program. Our new president, Robin Grover, along with our two new executive members, Jennifer Morrison and Debra Makuch, are adding new energy and fresh ideas to our upcoming events. We are already gearing up for our popular golf tournament on August 16. Mark the date on your calendar so you won't miss out! **CPM**



HBAC guests Elaine Creighton, Hélène Brassard, Pauline Shanks and Lea Capuano, with speaker Marc Lalande.

We're easy to reach!

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Mark your calendars...

Upcoming meetings:

May 26, 2005

August 16, 2005—*Golf Tournament*

For more information, contact Robin Grover at (514) 846-3002, or by e-mail at Robingrover@sympatico.ca.