



Hélène Meloche, speaker and Lynda Goldman, Executive Member.

Setting Priorities and Triumphant Over Stress

Are you struggling to get it all done? Like many of our members, you may be juggling to manage the important aspects of your life.

Hélène Meloche is well known in the pharmaceutical industry for her engaging seminars on time management and presentation skills. As our February speaker, she helped HBAC members pool their ideas and resources to better organize their time and energy.

What are your priorities for 2006? If they include developing your personal and professional skills and connecting with other businesswomen in your field, join us at our next meeting.

HBAC is a non-profit association of professional women in the healthcare industry. Our meetings provide you with the opportunity to develop your professional skills while networking with like-minded women. You will be entertained, enlightened and informed. **CPM**

How to Triumph Over Stress

To be presented live by Dr. Kenford Nedd!

Everyone is talking about the impact of stress on their health and lives. Don't miss this opportunity to do something definitive about it. Come laugh and learn as we explore the exciting field of stress physiology with Dr. Kenford Nedd.

Practicing physician and author, Dr. Nedd is featured as one of the Top 10 Speakers in America by the *Journal of the American Society of Association Executives*. Let Dr. Nedd's scientific flair, innovative creativity and irresistible humour inspire you with practical techniques to help you beat the stress response. You will walk away with benefits that will last a lifetime!

Seating is limited, so reserve today.

For individual tickets, or to book a table for your group, contact Lea Capuano (514) 694-1212 contact_hbac@sympatico.ca or www.hbac.ca

Register before May 1, 2006 for your chance to **win a free ticket** to Dr. Nedd's presentation.

Mark your calendars...

June 1, 2006: "How to Triumph Over Stress"

August 15, 2006: *Golf tournament*

For more information, contact Lea Capuano at (514) 694-1212 or by e-mail at contact_hbac@sympatico.ca.

Our Web site: www.hbac.ca

We're easy to reach! Our Executive Members:

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