

# Working Women

## A Day of Fun, Learning and Inspiration.

Whether you are in administration, sales, the service industry or running your own business, **this conference is for you!**

Friday April 30, 2010 – 8:30 – 4:15  
Legends on the Niagara Golf Club  
3351 Niagara Pkwy, Niagara Falls



**Forget “what women want”...this is what women NEED with Louise Blais, The Club at White Oaks**

Let's face it...all working women are busy. Between work, children, home and relationships, little time is left for you. Join Louise Blais as she discusses the many unique health challenges faced by busy and productive women and offers some real-life advice and tips on how to improve your energy, your drive, your passion and ultimately your health.



**How to Create Your Most Optimal & Authentic Style With Christie Ressel Personal Power Image Consulting™©**

<http://www.personalpowerimage.com>

- ❖ Establish greater credibility, professionalism and success in the workplace
- ❖ Styling for YOUR body type
- ❖ How to find your best colours to give you the “it factor”
- ❖ How to maximize your wardrobe
- ❖ How to have credibility in your personal and professional life
- ❖ How to obtain your goals and reach your dreams!

### Special Presenters:

**Warm Up with Teamwork** – Laurie Flasko Consulting  
**Take the Work Out of Networking-** Sandra Summerhayes & Associates  
**Office Yoga** - Michelle Halle-Socha  
**Beauty Tips for Busy Women** – Deb Braun  
**Shake Your Bon Bon** – Laurinda Dovey Horizons

**Great Prizes – Golf, White Oaks Club memberships, \$500 Spa package EcoSpa Niagara and more... ~ Shop ~ Shop ~ Shop ~ Shop ~ Shop ~ Shop ~ Shop ~ Shop**

Cost: \$199+GST – includes Continental Breakfast, Buffet Lunch & Participant Resource Guide and receive a **\$25 spa gift certificate (EcoSpaNiagara)**  
Registration: 905-357-2345 (cheque) or book on-line at [www.horizonsunlimited.ca](http://www.horizonsunlimited.ca) or [www.laurieflasko.com](http://www.laurieflasko.com) (major credit cards accepted)

**\*\*\*Early Bird Registration** prior to April 6<sup>th</sup>  
Fill a table of 8 for \$1100 (\$450 savings) OR 10% discount (\$179.10)  
**AND Early bird registrations enter a chance to win Wine Tour and Tasting for 10**

**Special thanks to our Sponsors:**

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Artful Cookie (Niagara Falls) ~ Mystery-on-the- Lake ~ Trillium College ~  
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