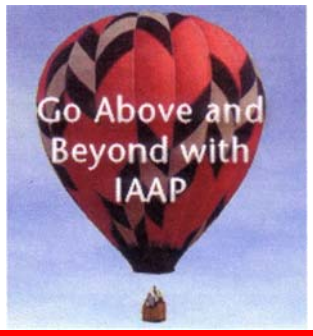
September Program

International Association of Administrative Professionals®
Columbus Chapter
8 East Long Street, Room 428
Columbus OH 43215
www.iaap-cols.com



Work-Life Balance: Ways to Restore Harmony and Reduce Stress

Finding work-life balance in today's frenetically paced world is no simple task, and can frequently seem overwhelming. If your work life and your personal life are out of balance, then, it's time to bring the balance back! You need to reclaim control before the stress takes its toll!

Mr. Gehring, will teach you how to balance your work life with your personal life, and reduce the stress that is a big part of your every day life. You will learn when, and where, to say "No", and how to ask for help. You will also learn how to evaluate your relationship to work, to home, and learn to apply specific strategies for striking a healthier balance. Charles W. Gehring is President and Chief Executive Officer of LifeCare Alliance, which was founded in 1898 as the Instructive District Nurses Association, is one of Central Ohio's oldest and largest not-for-profit organizations.

Meeting Registration
September 17, 2008

NETWORKING: 5:30 p.m. **MEETING:** 6:00 p.m. **PROGRAM:** 6:15 p.m.

LOCATION: **LifeCare Alliance**
1699 West Mound Street, Columbus, OH 43223
Phone: 614/324-5930

MENU: **An assortment of mini sandwiches piled high with roast beef, ham and turkey breast served w/pasta salad, fruit salad, assorted gourmet cookies, sodas and water. There will be vegetarian sandwiches available**

☐ **Check here if you would like vegetarian.**

DINNER/MEETING COST:	$20.00 Chapter Member	$25.00 Member at Large/Non-Member
MEETING COST ONLY:	$ 5.00 Chapter Member	$15.00 Member at Large/Non-Member

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Please check all that apply:
[ ] Guest
[ ] Meeting ONLY
[ ] Past President

*Reservations/Cancellations must be RECEIVED no later than Tuesday, **September 09, 2008**.*
(Deadlines will be adhered to—your cooperation is appreciated—There will be a $30.00 charge for returned checks)

September 2008 Meeting
Make all checks payable to COLUMBUS CHAPTER, IAAP

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