

La Mesa-Spring Valley Association of Educational Office Professionals proudly presents a workshop for all women...

Women In Transition

~Reaching For the Stars~

- ★ Resolutions for the year—things to let go of
- ★ Techniques for relaxing
- ★ Questions to engage in small group discussion

Presented by Nancy Sulick

- ★ Teacher in district for 21 years (6 years w/DHA kids, regular education for the last 15 years, now teaching 3rd grade)
- ★ Certificated Coach through the Life Purpose Institute (www.lifepurposeinstitute.com)



Thursday, February 23, 2006
Education Service Center – Board Room

5:15 – 6:00pm Dinner (Mexican)

6:00 – 6:15pm General Meeting

6:15 – 7:30pm Presentation



Reservation Form

Name(s) _____ Site/Dept _____

Number attending _____ Amount Enclosed at \$7.50 each _____

Please return your reservation to Jan Hem at La Mesa Dale
by February, 17, 2006 with your check made payable to AEOP.



www.caeop.org/lmsvaeop.htm

Everyone Welcome!