



12/13/17 HOLIDAY LUNCHEON

December 13, 2017

11am – 2pm

Meeting Agenda

11:00 a.m. – 12:00 p.m. Registration & Networking

12:00-1:35 p.m. Speaker and Lunch—Oven-Roasted Atlantic Salmon, Grilled Petite Top Sirloin, Horseradish & Dijon whipped gold pota-toes, Oven-Roasted Seasonal Veggies, Soup, Salad, Dessert.

Dr. Mario A. Mancini, *Center for Integrative Care*
“Pain & Stress Reduction”

To enhance your wellness program, learn how to break and prevent the pain/stress cycle and achieve OPTIMAL HEALTH for your employees!
If your employees suffer from: Chronic Pain; Fatigue; Headaches; Nausea/ Dizziness; Trouble Sleeping; Digestive Disturbances; Weight Problems; Emotional Ups & Downs; Allergies/Sinus Trouble... This information can enhance your WELLNESS efforts!

1:30-2:00 p.m. Raffle - **Vendors, please bring a raffle gift!** (No more than \$50 in value please!) **Public Agency Attendees: Bring your business card!**

TOPICS INCLUDE:

**Pain & Stress
Reduction**

REGISTRATION FEES

- \$20 – PARMA Public Agency Members
- \$30 – All Other Attendees

Pay at the Door with cash, credit card, or check payable to PARMA

RSVP DEADLINE

12/8/17

Reserved “no-shows” will be billed. Walk-ins will be charged an additional \$10.00.

**PARMA SAN
DIEGO/IMPERIAL
VALLEY**

Event Location:

Tom Ham’s Lighthouse
2150 Harbor Island
San Diego, CA 92101

RSVP to:

Larry Costello, Chapter
Liaison
LCostello@padre.org