



12/12/2018

SAN DIEGO/IMPERIAL VALLEY CHAPTER HOLIDAY LUNCHEON

Wednesday, December 12, 2018

11:00 a.m. – 2:00 p.m.

Meeting Agenda

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

12:00 - 1:30 p.m. Dr. Debra Dupree, Relationships at Work
“The Mindfulness Shift” Learn how to shape a new holiday season and the year ahead by shifting how we look at things...what’s called the Mindset Shift. **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!**

Lunch Menu—Oven-Roasted Atlantic Salmon, Spice- Rubbed Tri-Tip Carving Station, Penne Pasta, Herb & Garlic roasted red potatoes, Oven-Roasted Veggies, Soup, Salad, Dessert.

*We must guarantee the number of meals by **December 7, 2018**. Please [register online now](#). Reserved “no-shows” will be billed. Non-reserving walk-ins will be charged an additional \$10.00.*

TOPICS INCLUDE:

Relationships at Work
“The Mindfulness Shift”

REGISTRATION FEES

- \$25 to Public Entity Employees
- \$35 – All Other Attendees

Online Registration at www.parma.com

**PARMA SAN
DIEGO/IMPERIAL
VALLEY CHAPTER**

Event Location:

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

Event Contact:

Alex Mellor
(562) 631-0814
amellor@cjpia.org

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