

More than ever we seem to be seeking how we can reduce stress and gain more balance in our lives--both personally and professionally. When we regain important life balance we feel healthier, more energetic and inspired. We also feel more fulfilled and satisfied with our lives as a whole.



November NC SGMP Chapter Meeting  
Wednesday, Nov. 14  
Embassy Suites Greensboro, Greensboro, NC  
[www.embassysuites.com](http://www.embassysuites.com)

11:15 a.m. – 1 p.m.

presented by  
Rich Schlentz  
International Speaker, Trainer, Consultant and Leadership Coach.

- During this fun, energetic, workshop, participants will:
- Define what it means to live a life in balance
  - Uncover whether you are in or out of balance
  - Determine what steps to take to regain true balance in your life
  - Feel good about yourself and have some laughs

**Accommodations:** Rooms are being offered complimentary for government meeting planners and \$129 for suppliers. Contact Peter Strafaci at 336-369-4503 or [perter.strafaci@jqh.com](mailto:perter.strafaci@jqh.com) for reservations

To register and for more information visit [www.ncsgmp.org](http://www.ncsgmp.org)  
Registration deadline is Friday, Nov. 9

