

Building
Community
Education
Advocacy

The BCEA is
your link to
the electrical
commUnity

Women's
Network



<http://www.bcea.bc.ca>

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Relax, Refresh, Recharge

October 17th at 6:00pm

BCEA Office

224-3989 Henning Drive, Burnaby



Simple tips and techniques for introducing stress relief and self-care into your everyday. This workshop will focus on the importance of stretching, warm up, and muscle release techniques to promote healthy living. Networking and appetizers to follow.
\$30.00 + GST

Attendee Names _____

Main Contact _____

Phone _____

Address _____ City _____

Postal Code _____

Payment Options:

Invoice Me (Members Only) ____

Credit Card ____

Card Number _____

VISA/AMEX/MC _____

Expiry Date _____ Signature _____

There will be no refunds after October 3rd, 2018.

Please email this completed for to bcea@bcea.bc.ca or register online at www.bcea.bc.ca