***CSSE THOMPSON OKANAGAN CHAPTER – NAOSH Kick-off Breakfast***

*North American Occupational Safety and Health Week - May 4 – 9, 2020*

**When: Friday, May 1 2020 @ 7:30 am - 9:30 am**

**Where: Sandman Centre, Riverside Park 300 Lorne Street, Kamloops BC**

**Guest Speaker: Sylvia Marusyk, Founder – MindBody Works**

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**STRESSED TO KILL**

Stress is the next health epidemic and it tends to be contagious; infecting entire teams. Stress leave costs businesses over 50 billion dollars a year. Not mention the cost in the loss of human potential.

Discover better health and a dramatically improved quality of life. And if that’s not enticing enough, how about learning the secret to slowing the aging process? Sylvia shares that with her audiences too! As an Occupational Therapist with almost 30 years of experience and expertise in the field of health and safety, she emphasizes that prevention is the key to creating happy, healthy individuals, employees and businesses.

CSSE Members, Non-Members and Associates interested in maintaining wellness in the workplace are welcome to attend

* Breakfast and Speaker $40.00 / Speaker only: $30.00 - starting at 8 am
* Cash/cheque at the door or by invoice if requested ***RSVP REQUIRED by April 25, 2020 to:***

Elaine Wolfson, Thompson Nicola Training or Rick Viventi, Arrow transportation Systems Inc.

Phone/Fax: 250-374-0058/250-319-2418 cell Phone: 250-571-7763 Cell: 250-682-0991

Email: [ewolfsontnt@telus.net](mailto:ewolfsontnt@telus.net) Email: [rviventi@arrow.ca](mailto:rviventi@arrow.ca)

Company: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Attending:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Invoice Me: 🞏 Cheque/cash: 🞏 Pay-at-the-door: 🞏
* Event sponsorship: 🞏 Door prize: 🞏 Financial Assistance: 🞏

***Our Sponsors:* Thompson Nicola Training, National CSSE, City of Kamloops**