



WOMEN'S NETWORK OF OTTAWA

« Women connecting in the heart of Ottawa
for personal & professional development,
and networking in a friendly, supportive environment »

Join us Wednesday, April 9, 2008 when
Roslyn Franken of the Roslyn Franken Group presents

From “Wish I” to “Watch Me”; *A journey of self-empowerment for greater health
success and happiness*

Spring is a time for self-renewal and new beginnings. As a proud cancer survivor who has also triumphed over food and weight challenges, Roslyn will inspire us with her personal insights on how to blossom this Spring to achieve greater heights in health, success and happiness - both professionally and personally.

Roslyn Franken's own experience with cancer provoked her return to school (Masters in Human Systems from Concordia and certification through the Professional School of Psychology in California) and inspired the founding of Roslyn Franken Group; where she coaches, counsels and speaks about healthy eating and positive living strategies. She is also author of *The A List : 9 Guiding Principles for Healthy Eating and Positive Living*.

Copies of her book will be available for purchase at a special WNO rate as well as some exciting prize giveaways. www.roslynfranken.com

Please join us and bring a friend!

Wednesday, April 9, 2008 - 7:15 – 9:00 am
The Metropolitan Brasserie, 700 Sussex Dr. (former Daly Building)
On the lower level, below Milestones

\$18.00 per person for a hot plated breakfast. *If you have a special dietary need, you must notify us when you register as menu changes cannot be made the morning of the event. Late registrations or day of the event cost - \$23 per person. **Please note: our capacity to accommodate you the day of the event is limited and a complete breakfast cannot be guaranteed in that case.** To avoid this situation, we strongly encourage you to register in advance. You still can still take advantage of the \$2.00 parking special (until 11 am) at the City of Ottawa Garage on Clarence & Parent (across from Heart & Crown and Empire Grill).

Registration deadline - Sunday, April 6, 2008

NOTE: The WNO works hard to provide a worthwhile monthly networking opportunity, information exchange and delicious meal. We have a great deal with the restaurant, however WNO pays for each breakfast reserved, so **if you don't show up or if you cancel after the registration deadline you will be expected to pay \$18 to cover the meal we have reserved for you – please note: you can send someone in your place.**

To reserve your seat(s) contact Ann Gregory

E-mail: agregory@bizservices.net

Tel: 613-594-8700

Please reserve _____ seat(s)

Name: _____

Phone or e-mail: _____

Address: _____

Guest: _____

Phone or e-mail: _____

Address: _____

Payment may be made by cash or cheque at the door.