

The Education Committee of the Central Virginia Chapter of
CAI presents a Professional Luncheon:

Don't Forget to Manage Yourself!

February 27, 2018

11:00 AM Registration

11:30 AM Education & Lunch



**The Links at Virginia Center
801 Virginia Center Parkway
Glen Allen, VA 23059**



Don't forget to manage yourself! Burnout rate is high and work stressors don't stop. The merry-go-round of life seems to spin faster. What are you doing to manage your life and your career?

This session will address the importance of self care and unplugging from the everyday rat race, ways to help make that happen as well as ideas on building a thriving career for the long haul.

Speakers : Jarold Martin, CertaPro Painters of Arlington

Don Plank, PCAM, National Cooperative Bank

Registration Fee includes lunch & education:

\$20.00/Members

\$25.00/Non-Members

Education Sponsor:



Registration Information:

Name of registrant(s)

Company Name

Company Contact Email Address

Billing Address (include city, state and zip code)

For your convenience the Central Virginia Chapter accepts the following credit cards: AMEX, Discover, MasterCard and Visa.

Credit Card Number

Email Address for Receipt

CVV Code

Expiration Date

Billing Address Zip Code

Please scan and email the completed registration form to sdrayer_cvccai@verizon.net. OR if paying by check, please make checks payable to CVC-CAI and mail along with a copy of the registration form to CVC-CAI, P.O. Box 5118, Midlothian, VA 2312. Questions? Please contact sdrayer_cvccai@verizon.net