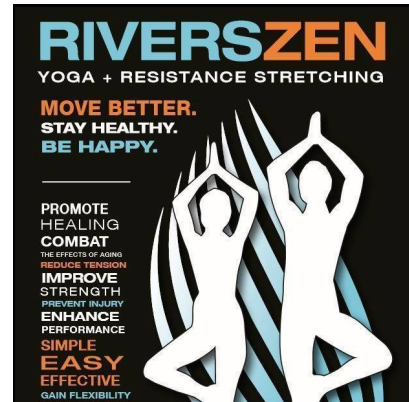


Lower Columbia Human Resource Management Association

... proudly presents ...



Workplace
Wellness



... featuring ...

Peggy Stevens

Co-Founder of
RiversZen Fitness,
Stretching, and Yoga

Move Well, Stay Healthy, Be Happy at Any Age.

Wellness in the workplace and self-care go hand-in-hand. Long periods of sitting, poor body mechanics, and bad breathing techniques have a staggering effect on your company's bottom line. This session will share simple things any business can do to support the health of employees!

Date: Wednesday, April 4, 2018 | 11:30—1:00 p.m.

Cost + Lunch: \$20 LCHRMA members | \$25 non-members | \$15 students

Where: Fort George Brewery, 1483 Duane Street in Astoria

Register: Online at www.lchrma.org

Anyone with an interest in the topic is welcome to attend. Cancellations must be received by April 2, 2018 at 5 p.m. for a full refund.

register
online!



Lower Columbia Human
Resource Management Association

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RESOURCE MANAGEMENT

LCHRMA's mission is to engage the HR community by providing networking and relationship building opportunities, professional development, and other resources that enhance HR professionals' contributions to the workplace and the community.