

Competence Credit

Competence Credit

Your Health First:

The Importance of Cultivating Your Best Health and Wellness in a Stressful Profession

If left unchecked, professional stress can result in lost time, mistakes, employee and client turnover, and can adversely affect mental, emotional and physical health. Crafting your practice to enhance your well-being remains an essential component to better outcomes for your clients, increased job satisfaction and longevity within the profession. We will discuss time management strategies to allow for your optimum health and professional longevity such as fitness programs, nutrition, firm team building activities, calendar control, anger and fear management. Leave with realistic ways to successfully improve your overall well-being, ease stress, gain energy, and become the most powerful and effective version of you!



Marie Muchow
Law & Mediation Offices of
Marie Maiolo Muchow



Natalie Norman
Attorney-Mediator-Arbitrator
100% Plant-Based Health and Fitness Coach

Date/Time: Monday, July 15, 2019 | Check-In: 3:45 pm; Presentation: 4:00 - 5:00 pm

Location: SCBA Office, 111 Santa Rosa Ave., Ste. 222, Santa Rosa, CA 95404. Parking for this seminar is ONLY available in the Public Parking Garage at 555 First Street. Do not park in the parking lot at 111 Santa Rosa Avenue.

Registration Fee: \$60--SCBA Members | \$75--Public | \$20--Students (Students must provide proof of current enrollment to receive discount)

Credit*: 1.0 Unit Participatory MCLE Credit, including 0.5 unit in Competence Issues and 0.5 unit in General Law

Water and light snacks will be provided.

Please sign me up for *Your Health First on 7-15-19*

Attendee(s): _____

Phone: _____ ♦ Email: _____

SCBA Has Gone Green! All Handout Materials Will Now be Provided Digitally to all Registrants!

Handout material will be emailed no later than the morning of the presentation to the email address listed above. Printed material will not be available at the door.

Check, Visa, MasterCard, or Discover Accepted ♦ Amount: \$ _____ ♦ Payor: _____

Card #: _____ ♦ Exp: _____ ♦ CVV: _____ ♦ Zip: _____

REGISTER By: PHONE: call 707-542-1190 x10 • FAX: 707-542-1195 • MAIL: Sonoma County Bar Association, 111 Santa Rosa Ave., Ste. 222, Santa Rosa, CA 95404 • WEB: go to www.sonomacountybar.org. Online registration closes one day prior to the presentation for programs hosted at the SCBA office and 5 business days prior for programs hosted outside of the SCBA office. Once online registration closes, you may continue to register for this program by phone or fax.

REFUNDS: For programs at the SCBA office, refunds will be granted if notice is given to SCBA by 3:00 pm the day prior to the presentation. For programs hosted outside of the SCBA office, refunds will only be granted if notice is given 5 business days prior to the start of the program. A Refund Request Form must be submitted to the SCBA office in order to receive a refund. Refund Request Forms are available on the SCBA website. You may also request them by emailing Reception@SonomaCountyBar.org.

*This program has been approved for participatory credit as listed above. The Sonoma County Bar Association is an approved Multiple Activity Provider (Provider #130) for Minimum Continuing Legal Education credits by the State Bar of California and a Multiple Activity Provider (Provider #130) by the State Bar of California's Board of Specialization for Legal Specialization credits in (1) Family Law, and (2) Estate Planning, Trust & Probate Law. The Sonoma County Bar Association certifies that this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing continuing legal education.