

# Save the Date

January 24, 2018

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## Work\*Stress\*Life: “Striking a Balance” Conference & Wellness Fair

Work\*Stress\*Life: “Striking a Balance”

Conference & Wellness Fair

*A conference for employers, staff, community members and college students.*

### Presentation Topics

January 24, 2018

Vermilion Regional Centre

**Wade Sorochan** Surviving Mental Illness

**Ron Campbell** Depression/PTSD

**Don Melnychuk** Ways to Manage Stress

**Blake Fly** Engaging Students/Preparing Youth for Life

**For information contact:**

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or call @ 780-853-8577

Vermilion & District Chamber Office will be taking registrations once details are finalized.