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You are invited to
OLAP WOMEN'S WORK AND WELLNESS GROUP LUNCHEON

DATE: Friday, January 29, 2010
TIME: 12:00 p.m. Lunch/Networking - 12:15-1:00 p.m. Presentation
PLACE: Ontario Bar Association Conference Centre
20 Toronto St., Suite 200 Toronto

We welcome a \$5.00 voluntary payment to help cover costs of the lunch

TOPIC: "Financial Fitness 2010"

We know that managing finances is one of the biggest challenges for lawyers—especially those in sole practice. You will feel better and less stressed if you are managing your finances effectively.

This presentation will offer:

- How to separate business and personal finances
- How to structure your cash flow situation
- The ins and outs of Critical Illness Insurance
- Identify any gaps in your financial plan

SPEAKER: Nancy Edmison, CFP, IG Investors Group

Nancy is a certified financial planner with Investors Group and she is licensed by FSCO and MFDA. She has 14 years of experience as an accountant/office manager for various law firms and is well equipped to understand the financial pressures and personal stress of the practice of law. For more information about Nancy check nancy.edmison@investorsgroup.com

***If you want to manage your finances differently in 2010,
this is your chance to get some new ideas.***

Deadline for registration is Monday, January 25, 2010

RSVP: Krista Martin Gorelle, email kgorelle@osc.gov.on.ca
Patty deLaat Women's Law Association of Ontario, email wlao@cogeco.ca
Jill Keaney Ontario Lawyers' Assistance Program, email j.keaney@olap.ca

TAKE SOME TIME FOR YOURSELF~MEET OTHER WOMEN LAWYERS~SHARE IDEAS & STRATEGIES

The Women's Work and Wellness Group is sponsored by the Ontario Lawyers' Assistance Program in keeping with our mandate to promote a healthy and balanced lifestyle for members of the legal profession. The luncheon series is promoted and organized with support from the Ontario Bar Association www.oba.org and the Women's Law Association of Ontario www.wlao.on.ca