

Ballarat Professional & Women in Business Luncheon

Lakeview Hotel
Wendouree Parade Ballarat

Wednesday 11th February
12.00 – 2.00pm

\$15.00 per person (includes a glass of wine or soft drink)

Topic: Maintaining work-life balance and a healthy lifestyle for the working woman.

We would like to thank Lee Squire from Fernwood, who will lead a discussion on how we as busy women can achieve and maintain a healthy lifestyle and work life balance. Lee with 28 years experience in the Health and Fitness Industry has been the Franchise Partner of Fernwood Ballarat for over 5 years. As a busy mum of 3 boys and married to Brian who also has his own business Lee certainly understands today's busy woman.

What better timing, after we've all celebrated over the festive and holiday season, and perhaps many of you have made some healthy resolutions for 2009 and would like some tips and/or encouragement to keep them.

Lee has also kindly donated something special for the business card draw. Thank you Lee and Fernwood Ballarat.



To confirm numbers for catering at the venue, please RSVP by email on or before Monday 9th February to mcousins@vecci.org.au .

If you would like to volunteer to speak at a future meeting, or to provide a business card draw prize, please contact Margi on the email address above. This is, after all, a networking group.

We do not intend to replace or duplicate existing groups or events already in the community – rather to promote and raise the profile of professional women in business in the region and to provide an opportunity to share and mentor with each other in a semi-formal environment.