

# I AM WELLNESS

## Member Orientation

The IAM Wellness Orientation promotes emotional wellness by providing tools for reaching goals and for living a balanced lifestyle.

Presented by Club Northwest Director of Operations, Brian Miller and People Person, Karen Bertrand. this discussion is for anyone who is interested in improving his or her own personal wellness and development.

*New members are highly encouraged to attend!*

### **WHEN:**

**10:00 a.m. on the First Saturday of Each Month**  
(August 5, September 2, October 7, November 4, December 2)

### **WHERE:**

**Club Northwest Conference Room**

### **COST:**

**FREE! No registration Required.**

# IAM

at  Club Northwest