



Wednesday, December 4th, 2019

Dinner – meeting-presentation - 17:15 / 5:15 PM

At the **Caruso**, 385 Haig Street, Sudbury.

Topic:

**“Introduction to Mindfulness-Based Stress Reduction
Practices for Personal and Professional
Wellbeing for RNAO – Sudbury.”**

Invited Guest Speakers

Gary Petingola, MSW, RSW & **Sheila Damore-Petingola**, MSW, RSW

r.s.v.p. to this link:

<https://myrnao.ca/civicrm/event/info?reset=1&id=754>

We need to reserve – food quantity (self-served buffet).

Pay directly the Caruso after the dinner.

Approx \$22 per person + tax & tip (+ bar if used)