

Deb Forney, President
Miriam Appleton CPS, Vice-President



Karen Beblo, Treasurer
Nancy Ortiz, Secretary

Jacksonville-Onslow-Lejeune Chapter
of the
International Association of Administrative Professionals®
"Lighting the pathways for professional growth"

FOR IMMEDIATE RELEASE
Monday, August 3, 2009

For Further Information Contact:
Kathy Zerba 910- 449-6307

"Healthy Habits in the Workplace"

In today's world of high-stress, high-demand jobs, it can sometimes be difficult to remember the importance of practicing healthy habits while at work. However, whether you sit at a desk, work behind a counter or are on your feet all day, incorporating good nutrition and physical activity into your workday can make a big difference in your work performance, energy and stress level, as well as your overall health.

The presentation this month will help you incorporate simple recommendations to help you eat smart and move more while at work. Come and join us and discover healthy habits to incorporate in your office environment.

The Jacksonville-Onslow-Lejeune Chapter of IAAP is hosting a presentation on "Healthy Habits in the Workplace" presented by Robin T. Seitz, Extension Agent, Family and Consumer Science NC Cooperative Extension, Onslow County. The presentation will be held during the monthly Chapter meeting at 5:30 p.m., on Thursday, August 13, 2009 at Marine Federal Credit Union, 4180 Western Blvd., Extension, Jacksonville, NC. (Note: Please use the rear entrance). Chapter meetings are open to all Administrative Professionals.

To learn more about the Jacksonville-Onslow-Lejeune Chapter of IAAP visit:

www.iaap-jol.org



*Turning Jobs
Into Careers*