

# WAKE UP -- LIVE THE LIFE YOU LOVE

## A Personal Growth and Development Seminar on Integrity, Wellness, Goals, and Faith !!!!

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**DATE:** Saturday, January 9<sup>th</sup>, 2010  
**PLACE:** Western Presbyterian Church  
101 E. Main Street, Palmyra, NY  
**TIME:** 8:30 a.m. - 11:30 a.m.  
**FEE:** \$20.00 per participant (refreshments will be served)

*Personal and Professional Growth depends on a number of characteristics including awareness, motivation, and commitment to change. This growth seminar is designed to help individuals realize and actualize their potential, to strive for higher goals, and to understand the need for growth and development especially in these four major life issues.*

**Join us on January 9<sup>th</sup> for a Seminar that's exciting, inspirational and hopeful  
Join us to continue on your Life Transformation.**

### **SPEAKERS:**

Nelson Acquilano: Welcome -- Why Are We Here ?  
Arnie Pechler: Life-Goal Formation  
Barry Virts: Integrity and Community  
Cathy Crane, DDC: Health and Wellness  
Jim Birch: Faith, Hope and Action

----- **REGISTRATION FORM** -----

**YES:** Please register me/us for the "Live the Life You Love" Seminar.  
I have enclosed \$20 per person, payable to the "Council on Alcoholism Foundation".

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Telephone: (W) \_\_\_\_\_ (H) \_\_\_\_\_

Send to: Council on Alcoholism and Addictions of the Finger Lakes  
620 W. Washington Street, Geneva, NY 14456 or call (315) 789-0310 for more information  
Please return reservations by January 3rd - seating is limited.

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*sponsored by the*  
**THE COUNCIL ON ALCOHOLISM AND ADDICTIONS FOUNDATION**  
*in collaboration with the*  
**COUNCIL ON ALCOHOLISM AND ADDICTIONS OF THE FINGER LAKES**  
620 W. Washington Street, Geneva, N.Y. 14456 (315) 789-0310