



Dear Members at the College of Labor and Employment Lawyers,

Due to our time constraints on my presentation imposed upon us by the “Snow-pocalypse” of our record breaking Blizzard of 2016, I was not able to share my brain health material to help you process and evaluate our interactive presentation. Nonetheless, we accomplished a great deal with 3 non-verbal communication tips, 2 heart-health and two brain health tips as well as 5 wellness exercises to increase blood flow to the heart and brain in order to energize and recharge you. I hope you are practicing those tips.

In our conference we had close to 50 people working and laughing together, and a true trust-building dynamic was established. I am enclosing a short article which I hope will shed light on how fun and relaxing it can be to learn and how your law firm can embrace practical tools to help it become more creative and competitive in the our ever-changing legal world.

Let me know how I can help.

Yours truly,
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