



LUNCH & LEARN

Managing Your Stress in Your Small Business

April 19, 2018
12:00 PM to 1:15 PM

COST: \$5.00/person for lunch

LOCATION: JARI Center for Business Development
160 Jari Drive (Richland Township)

PRESENTERS:	Peter Kosanovich Penn Highlands Community College	Michael Stohon In-Shore Technologies	Amy Nielsen Croyle-Nielsen Therapeutic Associates, Inc.
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This session will review the following topics:

- How to balance the multiple demands of career, family and personal life
- How to rethink priorities so you are in control of each day
- How to nurture yourself without feeling self-indulgent
- How to keep energy levels high, concentration sharp and productivity up when the pressure is on
- How to become a more productive business owner by reducing stress levels
- Lessons learned while starting a business

Managing Your Stress in Your Small Business

Thursday, April 19, 2018 | 12:00 pm – 1:15 pm

JARI Center for Business Development

160 Jari Drive, Johnstown, PA

REGISTRANT INFORMATION

Company_____

Address_____

City_____ Zip_____

Contact Name_____

Telephone_____

PARTICIPANTS NAME

Please use new form for additional participants

1)_____

2)_____

3)_____

4)_____

PAYMENT INFORMATION

of Participants_____ x \$5.00 = \$_____

This form is considered your invoice. Payment should be made prior to the day of the event to reserve your seat.

Checks are to be made payable and mailed to:

JARI, Attn: Lauren Brewer, 245 Market Street * Suite 200, Johnstown, PA 15901.

Note: No shows and cancellations after April 17th will be billed for any seats that you had reserved that we were unable to fill.

Please RSVP by Tuesday, April 17, 2018 to Lauren Brewer

Phone: (814) 535-8675 / Email at lbrewer@jari.com

Funded in part through a Cooperative Agreement with the U.S. Small Business Administration. Reasonable accommodations for persons with disabilities will be made if requested at least 2 weeks in advance by contacting Michele Clapper at 814.262.8368. *Please inform us of any dietary restrictions.*