



**SIERRA PACIFIC REGION**



**FALL TRAINING MEETING**

OCTOBER 01, 2011 – 9:30 AM TO 3:00 PM  
**Registration/Continental Breakfast 9:00 - 9:30 AM**  
Hilton Garden Inn Folsom  
221 Iron Point Road  
Folsom, CA  
(916) 353-1717

Workshop Presenters:  
Eileen Beresford, "It's Now or Never – Put Your Thoughts on Paper!"  
Pat Kennedy, "Mindfulness"  
Edie Eddens, "Oops! Did I do that?"

Complete the Registration form below and make checks payable to Sierra Pacific Region.  
Mail to Registration Chairman, Gail Anderson at the below listed address:

Gail Anderson  
3241 Smithlee Drive  
Sacramento, CA 95827  
Email: aubrey0417@yahoo.com

Email: **Registration Deadline: September 20, 2011 NO refund after September 25, 2011**  
\*\*\*\*\*

**Meal and Registration \$40      Late Fee \$5**

<i>Name</i>	<i>Address</i>
<i>City/State</i>	<i>Zip Code</i>
<i>Telephone</i>	<i>E-Mail</i>
<i>Council</i>	<i>Club</i>

**Continental Breakfast**

Assorted Pastries/Fruit/Muffins  
Coffee and Hot Tea



**Lunch Menu**

Trip to Tuscany  
Citrus-Rosemary Chicken Breast  
Garden Vegetable Penne Pasta  
Antipasto Salad/Cucumbers  
Ciabatta and Foccacia Rolls  
Dessert, Iced Tea and Water

Special Dietary Needs: \_\_\_\_\_

***Emergency Contact***

***Name*** \_\_\_\_\_ ***Phone*** \_\_\_\_\_