



“GOT LINGERING HOLIDAY STRESS?”

COME TO BAEOP’S GENERAL MEETING
LEAP TO REDUCING STRESS

WHEN: THURSDAY, MARCH 1ST, 2012

WHERE: INTERNATIONAL SCHOOL
445 128th Ave. SE
Bellevue, WA 98005

TIME: 4:30–5:00 PM–SOCIAL
**5:00–5:15 PM–GENERAL BUSINESS
MEETING**

5:15–5:45 PM–CHI GONG
“STRESS FREE EXERCISES”

**5:45–6:00 PM–MEMBERSHIP DRAWING/
DOOR PRIZES**

6:00–6:30 PM–DR. JOSH ONCKEN
“Got Lingerin g Holiday Stress?”

Shelby Swanson, former employee of BSD HR legal department will be here to demonstrate on some “Chi Gong” exercises and has requested us to wear comfortable clothes - we will be doing some stretching exercises.

Dr. Josh Oncken, with South Bellevue Chiropractic will be here to speak about “Got Lingerin g Holiday Stress?” Learn simple ways to let it go, feel better and maybe even look younger!!!

WORTH 2 PSP HOURS

Contact: Charlene Jones, Co-President—ionesc@bsd405.org
Christy Minter, Co-President—minterc@bsd405.org

DOOR

PRIZES

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PRIZES

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MEMBERSHIP

DRAWINGS

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