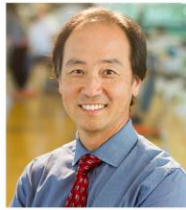




**NORA  
SPINKS**



**DR. PAUL  
OH**



**TAMMY  
BRAZIER**



**JUDY  
CROON**

### **Health Association Nova Scotia Member Registration Offer – Save up to 40%**

**Health Association Nova Scotia** is pleased to sponsor the 2019 GoodLife Fitness Health & Wellness Leadership Summit in Halifax, NS on Tuesday May 7<sup>th</sup> from 9am-4pm! **HANS** members, partners and guests are eligible to receive an early bird registration discount. Purchase tickets today and save up to **40%** off the regular conference fee! Please forward this invitation to your colleagues today!

A listing of the guest speakers and topics presenting at the Summit include:

- **Nora Spinks**; Chief Executive Officer of the Vanier Institute of the Family  
**Topic: Caregiving at Work**  
Strategies to navigate the mental, physical and financial stress for employers and employees
- **Dr. Paul Oh**; Medical Director of the Cardiovascular Prevention and Rehabilitation Program at the Toronto Rehabilitation Institute  
**Topic: Chronic Disease Prevention**  
Saving lives in the workplace (one life at a time)
- **Tammy Brazier**; Senior Director, Corporate & Business Development, GoodLife Fitness  
**Topic: Authentic Leadership**  
Building a culture of engagement that inspires effective leaders for tomorrow
- **Judy Croon**; Author, Motivational Speaker and Comedian  
**Topic: Stress Management**  
The power of humour to diffuse stress, improve resiliency and well-being

#### **Registration Special:**

**Option One:** VIP Ticket (includes VIP conference seating and VIP luncheon): Register for only \$285 a ticket. (Regular \$419)

**Option Two:** General Ticket (includes full day conference and refreshments): Register for only \$189 a ticket. (Regular \$319)

**Option Three:** (Most Popular): Purchase 2 tickets and receive the 3<sup>rd</sup> ticket free! (Limited time offer)

**How to Register:** [Click here](#) to register online and select the "Discount" option that is right for you. If you prefer to register by phone, call Toll-Free 1 877 348-8742 Ext. 230 and mention **HANS**.

All sales are final. Tickets are transferable. Speakers and date may be subject to change. Please add 15% HST per transaction.