

**Virginia Funeral Directors Association
Women in Funeral Service Networking Luncheon**

Tuesday, March 27, 2018

11:30 a.m.

Maggiano's Little Italy Short Pump
11799 W Broad Street, Henrico, VA 23233

Short Pump Mall
Special Guest Speaker
Yolanda Gray



Take Back Your Life—the Secret to Getting in Control

Are you struggling to keep up with demands of life, working hard to cross everything off that ever-growing to-do list and wondering how you're going to get it all done? If you're feeling rushed, up against deadlines, pulled in a hundred different directions, it's time to stop, re-evaluate, and get back in control of your time, your energy, and your resources.

Sometimes you feel like everything that's happening is out of your control and you have no choice but to react, sometimes at a moment's notice.

Taking control of an out-of-control lifestyle means you have to stop doing what you're doing right now and start doing something different.

In this eye-opening, inspiring and encouraging presentation you will:

- Learn some of the symptoms of an out of control lifestyle—you may already know them
- Find out what's keeps you from taking control when you're trying so hard to keep it together
- Get 3 things you can do to take back control and get on a path to the life that is in alignment with who you are and what you want.

Find your power and ***take back your life!***

Enjoy a three-course family style lunch while networking with funeral service professionals like you! Cost \$30.00 per person includes lunch and presentation.

Register by Thursday, March 22, 2018

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Register by Thursday, March 22, 2018

Name: _____

Firm/Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

Payment Information:

Amount Enclosed \$ _____

Check Enclosed Payable to the VFDA

Visa Mastercard Amex Discover

Name on the Card: _____

Card Number _____

3-digit code: _____ Expiration Date: _____

Signature: _____

Please return your registration form to the Virginia Funeral Directors Association office at P.O. Box 395, Hanover, Virginia 23069 or e-mail to info@vfda.net.

Fax Number: (804) 264-3260

Questions? (804) 264-0505