OCTOBER 26, 2022

LOCATION: STOCKHOLM INN
2420 CHARLES ST, ROCKFORD

EBANI — Employee Benefits Association of Northern Illinois

MEETING INFO:

Have you found yourself not being able to leave work at work? Have you found yourself not being able to be present at home with your loved ones or your sleep being effected due to the daily stressors? You are not alone and there is a solution. During this workshop we will discuss and learn techniques to complete the stress response cycle and be introduced to the five steps to developing resilience.

SPEAKER BIO:

Kevin has worked in the counseling field since 1990, focusing primarily on mental health and addiction work. He has enjoyed working as a consultant for local businesses, schools and churches since 2001, and has also coached football and strength and conditioning for local school districts in the Rockford area. In 2001, Kevin opened KP Counseling, Inc. offering a wide variety of clinical counseling services. In 2010, Kevin founded Four Corners Wellness Center, Inc., a holistic wellness center focusing on the health and healing of the whole person. And in 2016, Kevin founded Shatter Our Silence (SOS) to raise awareness around suicide in young adults.

MEETING

MANAGING STRESS & DEVELOPING RESILIENCE

SPEAKER

KEVIN POLKY
Founder & Executive Director
kp counseling

REGISTRATION 7:30-8:00 AM

BREAKFAST 8:00 AM
SPECIAL DIETARY REQUESTS CAN BE ACCOMMODATED WITH 1 WEEK ADVANCE NOTICE

PRESENTATION 8:30-9:30 AM

REGISTRATION

MEMBERS $30 NON-MEMBER GUESTS $40

MEMBER NAME: _____

COMPANY: _____

PHONE: _____

EMAIL: _____

GUEST NAME & EMAIL: _____

GUEST NAME & EMAIL: _____

TOTAL DUE:

MEMBER @ $30 EACH: _____
GUEST @ $40 EACH: _____
CHECK TOTAL: _____

$ REGISTRATION DEADLINE IS FRIDAY, OCTOBER 21, 2022
MAKE CHECKS PAYABLE TO: EMPLOYEE BENEFIT ASSOCIATION OF NORTHERN ILLINOIS
PAY WITH PAYPAL AT WWW.ROCKFORDEBANI.ORG

EMAIL REGISTRATION TO: EBANI_ROCKFORD@YAHOO.COM
MAIL REGISTRATION TO: P.O. BOX 4093, ROCKFORD, IL 61110-0493

CANCELLATIONS MUST BE RECEIVED BY THE FRIDAY PRIOR TO THE MEETING. EBANI IS UNABLE TO REFUND CANCELLATIONS AFTER THAT DATE.