



WOMEN'S COUNCIL

"Where Relationships Lead to Success!"



It's all about the Heart!

Join us to learn relaxing techniques you can use for the rest of your life! Certified HeartMath® Trainer and Author Therese Tappouni will share scientifically proven and practical ways to reduce and control stress at work and home.



Join us February 20, 2018
11:30a to 1:00p

The Offices of Rogers Towers
1301 Riverplace Blvd, Suite 1500
Jacksonville, FL 32207

\$20.00 per person*
(\$25 non-members of ABC)

*Includes Lunch

Sponsored by:



BREAKING GROUND
CONTRACTING

Please RSVP by Monday, February 19 via email:
events@abcfirstcoast.com or call (904) 731-1506

Park in the surface lot in front of the Crowne Plaza or Riverplace Parking Garage.
Rogers Towers will validate your parking stub.

The ABC Women's Council Mission: to promote, support, encourage and provide a voice for women in the construction industry through the fostering of relationships, professional development, legislative involvement and philanthropic endeavors.

For more information contact: Amy Turci, Chair at ATurci@fordharrison.com