



Friday, November 17, 2006  
12:00 - 4:00 PM  
Department of Transportation  
Conference Room A/B  
2800 Berlin Turnpike  
Newington, CT

IPMA-HR CT Chapter Presents a Panel Discussion on:

# 'Tis the Season for...? Personal & Professional Survival During the Holidays

## Help Yourself and Helping Others

### Panelists:

Frank Germano; *Financial Planner*

Tammy Hodges, EAP, Inc.; *Stress at the Holidays*

Mark Reynolds, DOIT; *PC Privacy/Safety*

Elizabeth Robinson, UCONN EAP Coordinator; *Interpersonal Relationships*

Charlene Russell-Tucker, DOE; *Health and Nutrition*

12:00 Registration

12:30 Lunch (Sandwich, Salad, Dessert, Soda/Water)

1:30 Panel Presentations, followed by open discussion, Q&A's

### Registration Form

Registration deadline November 1, 2006

Forward with payment to:

IPMA- CT Chapter

P.O. Box 290683, Wethersfield, CT 06129-0683

Name \_\_\_\_\_

Employer \_\_\_\_\_

Email Address \_\_\_\_\_

Work Phone \_\_\_\_\_

Cost before deadline:

- Member \$15  
 Non-member \$20

Cost after deadline:

- Member \$20  
 Non-member \$25