

# July 2005



*Nikken Wellness Association*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1	2/3
4	5 WP Watertown 7:00pm	6 Cornwall Smart Solutions Seminar Best Western 7:30pm	7 Ottawa Smart Solutions Seminar RA 7:30pm Sandy Laneville	8 <u>Team Diamond</u> Nashville, TN	9/10 <u>Team Diamond</u> Nashville, TN  Kingston Morning with Dr. Meghory
11	12 WP Kingston Smart Solutions Seminar 7:30 pm Sandy Laneville	13	14 Ottawa Smart Solutions Seminar RA 7:30pm Deborah MacDonald & Julie D'Costa	15	16/17
18 <u>Sleep Beautiful Sleep Seminar</u> MacLaren Centre 7:00pm	19 WP Watertown 7:00pm	20 Cornwall Smart Solutions Seminar Best Western 7:30pm	21	22 <u>Toronto Executive Lunch</u> with RD Reid Nelson	23/24 Ottawa Sizzling Saturday RA 9:00am <u>Toronto Super Saturday</u> Parkway Sheraton Hotel
25	26 WP Kingston 7:30 pm Laurie White & Group	27	28	29	30/31

## SPECIAL EVENTS:

Thurs-Sat July 7-9 – Team Diamond –  
Nashville, TN

Sat. July 9 – A morning with Maria & Dr.  
Yehiel Meghory – Kingston – 10:00am – 1:00pm

Mon. July 18 – Sleep Beautiful Sleep Seminar  
– MacLaren Centre – 7:00pm

Fri. July 22 - Toronto Executive Lunch with  
RD Reid Nelson

Sat. July 23 - Toronto Super Saturday with  
RD Reid Nelson – Parkway Sheraton Hotel –  
9:00am

Sat. July 23 – Ottawa Sizzling Saturday –  
RA Centre – 9:00am

## OTHER AREA CONTACTS

KINGSTON - Rita Sue Bolton 613-549-4075

CORNWALL - Elaine Sosnkowski 613-347-7727

MONTREAL - 514-890-7854

TORONTO - [www.team-toronto.com](http://www.team-toronto.com)

PROVINCE OF QUEBEC - [www.lecalendrier.net](http://www.lecalendrier.net)

**WELLNESS PREVIEWS** - \$8 per Distributorship - Guests are free  
Start at 7:30 pm, Courtside A or B, RA Centre, 2451 Riverside Drive, Ottawa ON  
Nikken Wellness Association Website – [www.nwaottawa.com](http://www.nwaottawa.com)

**Ottawa Contacts:**  
Cliff Lapenskie (613) 721-0039  
[cliff@globalwellness.ca](mailto:cliff@globalwellness.ca)