

March 2005



*Nikken Wellness Association
Ottawa*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 WP Watertown 7:00pm	2 Cornwall ELS Best Western 7:30pm	3 Ottawa ELS RA 7:30pm Jean Allan & Barb Ellis	4	5/6 Discovering Your Unlimited Possibilities Kingston
7	8 WP Kingston 7:30 pm SCP Café Italia	9 Cornwall RLSS Best Western 7:30pm	10 Ottawa RLSS RA 7:30pm Deborah MacDonald & Christine Bernard	11 Gold Training - Toronto	12/13 Gold Training - Toronto
14	15 WP Watertown 7:00pm	16 Cornwall SSS Best Western 7:30pm	17 Ottawa SSS RA 7:30pm Caroline Midgley & Cliff Lapenskie	18	19/20
21	22 WP Kingston 7:30 pm	23 Cornwall ELS Best Western 7:30pm	24 Ottawa ELS RA 7:30pm Jean Allan & Adel Francis	25	26/27
28	29 WP Watertown 7:00pm	30 Cornwall RLSS Best Western 7:30pm	31 Ottawa RLSS RA 7:30pm Bob Bodak & Pierre Gaudet		

SPECIAL EVENTS

Sat Mar 5 – [Discovering Your Unlimited Possibilities Workshop with Kristina Sisu](#) - Kingston

Tues Mar. 8 – Sleep Consultant Program with Health Care Professionals – Café Italia

Mar 11-13 – [Gold Training -Toronto](#)

SSS = Smart Solutions Seminar
ELS = Educational Life Seminar
RLSS = Review Launch & Strategy Seminar

OTHER AREA CONTACTS

KINGSTON - Rita Sue Bolton 613-549-4075

CORNWALL - Elaine Sosnkowski 613-347-7727

GATINEAU - Marc Fitzgerald 613-296-7994

MONTREAL - 514-890-7854

TORONTO - www.calsplus.com/swo_events

PROVINCE OF QUEBEC - 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

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