

# November 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1	2	3 Smart Solutions Seminar™ RA 7:30pm	4	5/6
7	8	9	10	11	12/13
14 Nikken Convention Las Vegas	15 Nikken Convention Las Vegas	16	17 Smart Solutions Seminar™ RA 7:30pm	18	19/20
21	22	23	24	25 Pot Luck Social/Recognition Evening 6:30pm	26/27 Sizzling Saturday RA 9:00-11:00am  Goal Setting 11:15-11:45am
28	29	30	31		



*Nikken Wellness Association  
Ottawa*

The **Smart Solutions Seminar™** is a presentation designed to validate the business, by explaining how Nikken offers "Smart Solutions" with respect to either an individual's Health or Finances.

## SPECIAL EVENTS

**Nov 14-15 – Nikken Convention – Las Vegas**

**Fri Nov 25 – Pot Luck Social / Recognition Evening** Open social evening for All Consultants and any guests. Location TBA. Starts at 6:30 pm. Please bring a yummy healthy dish—BYOD (D for drinks)

**Sat Nov 26 – Sizzling Saturday**  
RA 9:00-11:00am Goal Setting 11:15 - 11:45am

## 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 Contact:**  
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