

September 2005



Nikken Wellness Association

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

Whole Foods Revolution with Deborah MacDonald

Wed Sept 7 - 7:30 – 8:30pm

Sat Sept 10 – 10:30 – 11:30am

1416 Bouton d'Or Street Orleans—841-5601

RSVP: Julie @ [590-0638—mjwellness@yahoo.com](mailto:590-0638-mjwellness@yahoo.com)

Wed Sept 21 - Nutrition /Whole Foods

Revolution with Ted Aloisio 7:00 – 8:30pm

1480 Heron Rd.

RSVP Sylvia @ 721-0039 sylvia@globalwellness.ca

Mon Sept 19 - Sleep Seminar

with Anne Bodak 7:00 – 8:30pm

MacLaren Centre – 320 MacLaren St.

RSVP Sylvia @ 721-0039 sylvia@globalwellness.ca

Sat Sept 24 – Sizzling Saturday

RA 9:00-11:00am Goal Setting 11:15 - 11:45am

Wed Sept 28 – Wellness Home Open House

Caroline Midgley's 745-0958 cmidgley@sympatico.com

178 Dunbarton Crt (close to Montreal/St Laurent)

Fri Sept 30 – Pot Luck Social/Recognition

Evening at Dani & Rick Beetham's 6:30 pm

1901 Schroeder Cres, Orleans 482-9847

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

PROVINCE OF QUEBEC - www.lecalendrier.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			1	2	3/4
5	6	7 Whole Foods Revolution 7:30pm Orleans with Deborah MacDonald	8 Smart Solutions Seminar™ RA 7:30pm	9	10/11 Whole Foods Revolution 10:30am Orleans with Deborah MacDonald
12	13 WP Kingston 7:30 pm Patty Roach	14	15 Smart Solutions Seminar™ RA 7:30pm	16	17/18
19 Sleep Seminar 7:00 pm MacLaren Centre with Anne Bodak	20	21 <u>Nutrition / Whole Foods Revolution</u> 7:00pm with Ted Aloisio	22	23	24/25 <u>Sizzling Saturday</u> RA 9:00-11:00am Goal Setting 11:15-11:45am
26	27 WP Kingston 7:30 pm Rita Sue Bolton	28 Wellness Home Open House Caroline Midgley's 178 Dunbarton 7:30pm	29	30 Pot Luck Social/Recognition Evening Orleans 6:30pm	31/1

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

Ottawa Contact:
Sylvia Parker (613) 721-0039
sylvia@globalwellness.ca