



# SUFFOLK COUNTY

WOMEN'S BAR ASSOCIATION  
*of the* STATE OF NEW YORK



## HEALTH & FITNESS WORKSHOP

Featuring:

Yoga For Mental Health by Yoga Instructor, Colleen Nugent  
&  
*Benefits of Acupuncture* by Dr. Eun Kyung Bae, L.Ac.



**Also:** "Growing Your Financial Planning Muscles" by AXA Advisors, LLC. In this workshop, participants will discover how insurance can be used to start a business, buy a vacation home or supplement retirement income at any age.

**Date:** February 6, 2019

**Time:** 6pm – 7:30pm

**Location:** Marriott Courtyard,  
11 Courthouse Drive, Central Islip, NY 11722

**Cost:** \$10/pp

RSVP by February 1, 2019 to [suffolkcountywomensbar@gmail.com](mailto:suffolkcountywomensbar@gmail.com)

All participants should wear RED and comfortable clothing

**NOTICE TO ALL MEMBERS**  
The election of Members to  
the Nominating Committee  
shall be held prior to program