

ACT FAST!

Seating is limited

The Clinton County Health Department
proudly presents

Maryann Murphy, MSW, CPO[®]

author of

"Stop Wasting Your Precious Time"

WEDNESDAY, APRIL 3RD, 2019

Cost:

\$23.00/person per session*

Two session times to choose from:

10:00am-11:30am session or
2:00pm-3:30pm session

Location:

133 Margaret St.
Plattsburgh, NY 12901
(2nd Floor Meeting Room)

Register online at:

<https://stopwastingtime2019CCHD.eventbrite.com>

by March 7th, 2019
to receive a **FREE**
autographed copy
of the speaker's book
at the event.



Persons who have any physical, mobility or other needs, please call Darlene Eddy, the event organizer, at 518.565.3295.

* Please note, tickets are non-refundable.

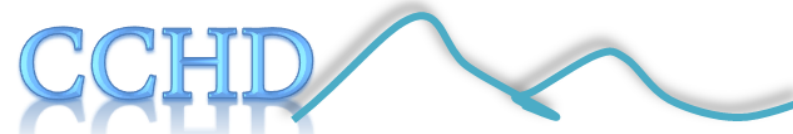
ABOUT THE AUTHOR

Maryann Murphy, MSW, CPO[®] is a professional speaker and consultant, Certified Professional Organizer[®], former psychotherapist, manager and entrepreneur who brings all these experiences and training to her sessions.



BENEFITS OF ATTENDING THIS SESSION:

- Gain insights directly from the author related to eliminating your biggest time wasters at work!
- Hear solutions to some of the most common workplace challenges including unclear priorities, disorganized workspaces, unproductive meetings, procrastination, trying to do it alone, and working from home.
- Learn tips to help you find more time in your day and stop feeling overwhelmed!



Clinton County **HEALTH** Department

www.clintonhealth.org