



CALLING ON ALL OTTAWA AREA ADMINS!

Register now and join the Ottawa Branch AAP members
for a presentation on:

Workplace Wellness

- Setting priorities to include your own wellness in all you do
- How balancing work and wellness is key to job satisfaction
- Ideas for launching wellness activities in your own workplace
- Resources to help you get started

Wednesday, April 17, 2019
 5h30 pm networking dinner
BYOD (brown bag)
 6h30pm: Presentation

Regional Group office :
 1737 Woodward Drive, 2nd floor, Ottawa

Seats limited (RSVP early!)

RSVP to:

aap.ottawa.reg@gmail.com

*** FREE PARKING ***

\$5 members

\$10 non-members

\$5 Students

*payment at the door
(cash only)

**2 credits for certified
(CCAP) members**

For more information on AAP:
www.canadianadmin.ca



**Hélène
Larocque**
Research Admin
Assistant at
CHEO with HALO

Hélène obtained her Certification as an Administrative Professional – with additional certifications in Organizational Management, Microsoft Office Specialist and Technology Applications through the IAAP). In her current position, she provides administrative, human resource and financial services assistance to the Director and the HALO team. Originally from Northern Ontario, she brings over 30 years of experience in office admin. She is an active volunteer within CHEO as the Staff Forum Co-Chair. Beyond her role with HALO, Hélène’s passion and interest for walking the HALO talk is evident as she launched the Staff Forum Fit & Well Group organizing weekly walking group meetings and monthly Lunch and Learn sessions focused on healthy living. She most recently obtained her Certification as a Wellness Coach with the IAWP and is a member of the Canadian Health Coach Alliance. She is also certified as NESTA Lifestyle and Weight Management Specialist. For over 12 years she has been an active Community Team Leader & Member with SparkPeople. She has been a Beachbody Coach since July 2015. Other areas of interest include walking/hiking, swimming, dancing, traveling to sunny destinations, continuous personal development, teaching and writing.

Are you looking to meet like-minded administrative professionals, personal/professional development events and networking opportunities...well **this is the place to be!**

AAP mission:

We strive to provide administrative professionals the opportunity to learn, grow and thrive, by encouraging all members to add to their individual competencies, advance their leadership skills, realize their value in the workplace and community, and have confidence to excel in their careers.