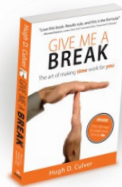


## Join Us for The Business Education Month KICK OFF Breakfast

### Breakfast and Keynote Speaker:

We are working in a time of distraction – endless emails, back-to-back meetings, interruptions, and growing work demands are taking their toll. People are constantly rushing, multi-tasking, bringing work home, and struggling to find time for themselves and their family. Based on Hugh Culver's new book, *Give Me a Break*, this exciting keynote is an essential message for anyone who has a To-Do list that never seems to end and is tired of always being busy. With his unique, high-energy approach, and proven insights, Hugh will show your audience how they can move away from always running late, and move instead towards more productivity, better health, improved relationships, and – yes – even greater happiness.



### Hugh D. Culver

Highly sought after keynote speaker and corporate trainer, Hugh D. Culver is an Ironman Competitor, Mountain Climber, 10 time Marathoner and successful businessman. His powerful keynote presentations and training programs are thoroughly researched, content-rich and delivered with a passion for creating lasting change in audience's lives.



7:30am - 10:30am *Prairie Room*

Tickets \$20 +gst corporate table of 8 \$160 +gst

Sponsored by:



For tickets call 780-875-9013, 4419 52 Avenue, Lloydminster