



“SECRETS TO SAVING YOUR SANITY”

“Secrets to Saving Your Sanity” is a fun, light-hearted, practical presentation on taming every day stress. From a work-shop format of one to two hours to a shorter keynote address, Val has presented her talk throughout Alberta for many years. She uses humour, common sense, and personal anecdotes to the delight of her audience.

Reviews have been overwhelmingly positive. If you would like Val to present to your group, phone/fax her at (403) 284-1999, or e-mail her at val@walkandtalkforwomen.com.

RECENT PRESENTATIONS INCLUDE:

- Five consecutive years to the Calgary Board of Education Support Staff
- Six years to the Grace Women’s Resource Centre
- Lodge Co-ordinators of Alberta keynote address, Red Deer
- United Nurses Association, Rosebud
- Surgical Nurses Conference, Calgary
- Horizon School, Olds
- Three Hills Wellness Conference
- Kids Firs Annual Meeting
- Rocky Mountain School Division
- Lake Louise Mountain Escape Women’s Retreat

Val Warner, BA MSW RSW, has her own counselling practice called Walk & Talk Counselling for Women. She helps stressed-out women to get more joy out of life and to improve family harmony. Val also gives presentations to women’s groups and can be reached at phone/fax (403) 284-1999 or e-mail her at val@walkandtalkforwomen.com.