



# April General Membership Luncheon

**Tuesday, April 23 @ 11:30am**

"Low Profile Fitness for Realtors:  
 You Can Fit Fitness into Your Schedule."

Speaker: **Ogie Shaw**

There are psychological aspects to staying motivated for fitness and then a few rules to adopt for success. Physical Fitness does not have to be complicated. Ogie Shaw is a Health Promotion Director from the Cooper Institute® in Dallas, Texas. He has trained the Portland Trailblazers and Seattle Seahawks and has given over 5000 speeches on fitness motivation.



Lunch: **\$16.00** (Pre-Registration Required)  
**\$20.00** (at door) | **\$5.00** (No lunch)

Location: **CPO Club**  
 1080 W. Ault Field Rd., Ste 138, Oak Harbor, WA

Registration Deadline: **Thursday, April 18th at noon**

*April Realtor Charity 'Round-Up' Recipient: **Boys & Girls Club, Oak Harbor***

Office Name: \_\_\_\_\_

Name	Lunch	No Lunch (\$5 cover charge)

Please FAX list to Association Office (360) 416-4904 **by Thursday, April 18th at noon**