



The Section 8 Administrators Presents:

Loretta LaRoche



Stress Less with Humor and Optimism.

Ms. LaRoche is an award winning, well-recognized PBS TV personality. For over 30 years, she has been a stress-management consultant who advocates fun, optimism and resiliency. She uses her wit to help people learn how to take stress and turn it into strength.

Location: Marriott Boston Quincy
1000 Marriott Drive
Quincy, MA 02169

Date: Monday, December 5, 2022

Time: 10am-2pm (lunch will be served)

Fee: \$75.00 per member \$150.00 per nonmember

We can all agree the last few years have been quite stressful. Come join us as we have this fantastic stress management consultant speak on stress management and teach members coping skills.

Loretta Laroche
Stress Less with Humor and Optimism

REGISTRATION FORM

(All attendees from one agency can be listed on this form) Multiply cost by number of attendees

Name(s):
Agency
Phone
Email(s)
Total # of Registrations:
Amount due to Section 8 AA:

No refunds will be granted to anyone who registers but fails to attend the training or who cancels after November 28, 2022.

How do I register?

EMAIL/SCAN REGISTRATION FORMS TO: S8Association@gmail.com

How do I pay?

PLEASE NOTE OUR NEW ADDRESS FOR CHECKS. PLEASE INFORM YOUR FINANCE DEPT.

Please make checks payable **only** to:

**SECTION 8 ADMINISTRATORS ASSOCIATION,
C/O Burlington Housing Authority,**

15 Birchcrest Street,
Burlington, MA 01803