



# Idaho Professional Women's *Express Network* presents

***Dr. Janet Allen***

**Licensed Clinical Professional Counselor,  
and Owner of Creekside Counseling**

***"Life Just Gets Better: Managing Stress and Committing  
to Rigorous Self-Care"***

***Date: Tuesday, January 20<sup>th</sup>, 2015***

***Time: 4:30-6pm***

***Republic American Grill & Tapas Bar  
355 River Pkwy  
Idaho Falls, ID***

***RSVP [info@ipwen.org](mailto:info@ipwen.org)***

President: Megan Fernandez

National website [www.abwa.org](http://www.abwa.org)

or visit [www.ipwen.org](http://www.ipwen.org) for more information

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Our meeting sponsor this month is

***Julie Foster***

Our Networking Sponsor this month is

***Title One***

