August 11, 2009

“Stress Can Be Fun” Workshop Offered By New River in Lewisburg


Motivational speaker Mitzi Marricco from Butler, PA, will be in Lewisburg on Sept. 9-11 to lead this fun workshop at Jefferson Office Park from 1-2 p.m. each day.

Marricco will explore why we have so much stress and how not to “should on” ourselves. There will be guidelines and a question and answer period.

Marricco is a Tai Chi Master and motivational speaker on such subjects as “Humor in the Workplace” and “Stress Can Be Fun.” She is a poet, teacher, TV Host and is currently ranked 16th in the world as a fencer. Her company, Canadian Connection Tours, brings visitors from Canada to American and takes Americans to Canada.
Space is limited so pre-registration is required by September 2. Cost for all three days is $25. To register, or for more information, please contact New River at (304) 647-6570, or (304) 793-6101.

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