



BREAKFAST PRESENTATION *Series*

Breakfast Presentation *Health is Wealth, De-stress for Success*

You are cordially invited to breakfast and an entertaining presentation '**Health is Wealth, De-stress for Success**' by Dr. Oommen, a leading authority on Health and Wellness, experienced family doctor and emergency specialist at McGill University and Medical Director of Cardiogenix Medical Centre.

A straight forward, humorous and educational presentation with plenty of golden nuggets to take away with you. A unique opportunity to hear [Dr. Oommen](#) discuss how to lead a long, strong and *stress-free* life.

Of importance to all business owners and corporate management, Dr. Oommen will discuss how "*stress in the workplace*" is an important and contributing factor to the ill-health of our society. He will discuss important steps to review and improve the health of your employees and of your work environment.



When

Date: April 8th 2008
Event Time: 7:15—9:00 AM
Breakfast served 7:15 AM
Speaker: Dr. Ashok Oommen

Where

Four Points by Sheraton
6600 Cote de Liesse (South Side)
Montreal



Dr. Ashok Oommen, MD, CM, CCFP-EM