

Wellness Membership Luncheons

September 1st Luncheon ~ Author Nora Bergman
Improve Your Practice and Your Life

October 6th Luncheon ~ Author Debbie Lundberg
Permission to Create Wellness

March 2nd Luncheon ~ Authors Dr. Brent Agin and Kent Runyon
Wellness for Legal Professionals: The Good, The Bad, & The Ugly

April 6th Luncheon ~ TBD
Financial Wellness For Attorneys: Profit Is Not A Dirty Word

* Each Luncheon will provide 1 hr. of CLE

Wellness Book Club

All members present at luncheons will be entered to win a copy of Nora Bergman's book – *50 Lessons For Lawyers – Earn More. Stress Less. Be Awesome.* Books are available for purchase at the bar office for \$20 (20% discount). **Start a book club** in your firm! Commit to a weekly lunch meeting to discuss each lesson!

One Minute Wellness

Bar members will receive weekly wellness tips every Wednesday. We encourage members to submit examples of how they have incorporated wellness in their professional life.

Submit a tip! Email
Mbyers@stpetebar.com

St. Pete Bar

**HAPPY,
HEALTHY,
HOLISTIC
ATTORNEYS**



Wellness Wednesdays

Support one another in healthy networking by attending a weekly "Wellness Wednesday" walking session at Crescent Lake hosted by the SPBA Young Lawyers! Join us every Wednesday at 6 am or 6 pm. No skill or equipment required! Just show up and walk with bar members. Starting Wednesday, September 6, 2017.

The St. Petersburg Bar Association encourages members to embrace a **cultural shift** in becoming "Happy, Healthy, Holistic Attorneys."

We want to encourage members to support one another in creating less stress, greater health, and financial/professional wellness.

We hope you will become part of the "shift."

Paraclete Wellness

Looking for encouragement and real-world tips to implement?

Check out two new regular features in the *Paraclete* –

"Legally Fit"
by Rachel Drude

"Sailing Through Your Law Practice"
by Eric Ludin

Wellness Buddy

We encourage everyone to find a bar member to connect with as your "Wellness Buddy." Wellness Buddies can meet for a walk at Wellness Wednesdays, meet to discuss the book *50 Lessons for Lawyers*, or discuss ways they are implementing a shift in their professional life to support wellness.

Wellness T-shirt

Do you want to commit to supporting the cultural shift?

Display your support through a **Wellness T-shirt!**

Contact the bar office to order yours today!