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WRN Committees

Fund-Raising

Programs/Events

Membership

PR/Communications

Sign up! The more involved you are, the more you'll get out of WRN.

We Invite You...

to join our dynamic and knowledgeable group as a guest at our next meeting. For more information, please call Alexis Christy at 215-723-2961 or email connect@wrnmontco.com

What's your plan?

Are you busy? If you started laughing when you read that question, then you are like most people today running on the treadmill of life, trying to keep up with ourselves and our activities each day. Sometimes it feels like it's beyond our control. After all, it's what we have to do, isn't it? Or is it?

I recently attended an "Organization Workshop." It was an eye opener! I thought I was going to learn how to organize all the clutter in my office, which I did. But the most important lesson I learned was about organizing my time!

Did you know that the most successful people spend 75% of their time "planning"? I have always understood the importance of setting goals, making a plan and taking action. But, sometimes I have felt that I'm too busy doing to take time to plan.

It is essential to our success in anything we endeavor to have planning time — to set aside time to develop a strategy and detailed action steps. The professional organizer, who has helped top CEOs of major corporations, suggested that we should spend one hour each day planning. And that prioritizing is critical. The better we are able to make sure the time we spend is moving us toward our ultimate goal, the more we will accomplish. And the more control we will have over our time.

They say that people plan vacations better than they plan their lives. It's your life. Making the most of it, I believe, is being successful in our work and having the time to do the things we enjoy most. If you are spending more time doing what you have to do rather than what you want to do, maybe it's time to plan your play as well as you plan your work.

Laurie Landis



Laurie Landis
President

The October Program

2nd Wednesday of the Month

Are You Digging Your Grave With Your Fork?

Our October meeting will feature Dr. Susan Silberstein, Executive Director of the Center for the Advancement of Cancer Education (CACE). Confused by all the fad diets? Want to reach your ideal weight slow the aging process, and prevent disease? Come learn the four nutrition secrets that can help save your life!

The meeting will be held **Wednesday, October 13th** at the Gypsy Rose Restaurant on Route 113 in Colledgeville. We will start with registration and networking at 11:30 am; lunch will begin at noon. Cost is \$15 for members, \$20 for guests. Make your reservations early! Call Alexis Christy at 215-723-2961, or send your email to connect@wrnmontco.com now. You can also register online at our website: www.wrnmontco.com! Deadline is October 11th.



WRN Connections is a monthly publication of the **Women's Referral Network of Montgomery County**. It is available as a PDF via email or on our website: www.wrnmontco.com

All articles, news, information, thank you's and advertising should be submitted by the day of the monthly luncheon meeting or via email to WRN@hartcen.com no later than the day after the luncheon.

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Check us out on the web!

You can see this newsletter in lovely color by checking out our website: www.wrnmontco.com and clicking on the "news" link. It's great!

The Women's Referral Network (WRN) of Montgomery County introduces you to fellow professional women in your community and serves to promote business opportunities among and for women. Network to make the connections you need to propel your business or career. Learn from others and share your success.



Women's Referral Network

of Montgomery County
PO Box 388
Harleysville, PA 19438-0388

Women Connecting
for Success

Comedy & Connections!

It's time for our annual night of laughs, fun and food. Seating is limited so get your tickets now. They won't be sold at the door — this is by reservation only. To help you get hungry, we're including the menu here. To get hungry for laughs, see the short bio on Harley Devine, our Comedienne Extraordinaire!

Harley Devine lives in Collegeville, PA with her husband and two children. She has been doing stand up and improvisational comedy for over 10 years. She won HBO's Stand Up Stand OFF for Philadelphia, and performs monthly in the improvisational troupe COD – Comedy on Demand. Ms. Devine's comedy is an extension of her life and family, so sit back, enjoy and be glad her life is not yours.

See you there!



Pasta Station

Penne or Tortellini in Alfredo Sauce or Tomato Basil Crème Sauce

Served with Parmesan Cheese, Crushed Red Pepper Flakes

Freshly Baked Rolls and Butter

Salad Bar Station

Fresh Salad Greens, Cucumber, Grape Tomatoes, Carrots,

Hard-Boiled Eggs, Pickled Beets, Bacon Bits, Black Olives, Shredded Cheese

Herbed Garlic Croutons

Assorted Dressings

Dessert Station

Chef's selection of Assorted Cookies and Brownies

The Speaker for the October Meeting

Dr. Susan Silberstein has served as Executive Director of the CACE since she formed the organization in October of 1977, after the death of her young husband to cancer.

A national speaker on nutrition, cancer prevention, and complementary and alternative medicine, Susan lectures frequently for medical and nursing schools, universities, corporations, and other organizations. Since 1977, she has appeared on dozens of radio and television talk shows, has coordinated hundreds of health conferences and has counseled thousands of patients.

