



The IREM January Luncheon Features:

Success Minus the Stress

- Assess Your Health
- Set Career & Personal Goals
- Make 2012 Your Year!

Houston City Club
One City Club Drive, 77046
Tuesday, January 10, 2012
11:30 a.m. - 1:00 p.m.
\$40 Members / \$45 Nonmember

Join IREM in the Greenway Plaza area for our first luncheon of the new year. **Speaker Sam Hester** has 25 years of experience in business, academia and healthcare.

He is a nationally certified wellness coach, personal trainer, author and a lifestyle/weight management consultant. Sam is an acknowledged expert in enhancing wellness, worklife balance, fitness and health. He has proactively guided thousands of executives, physicians, nurses and other professionals toward reaching their goals in these areas. He has spoken to tens-of-thousands of individuals and hundreds of groups including: The Gulf War Illness Issues Conference, numerous energy companies, Cooper Industries, Money Management International, American Society of Safety Engineers, several Universities, Research and Medical School Programs.

You can immediately begin to utilize the tools Sam gives you. As a researcher, he has studied volumes of material on stress. He takes information from Doctors, Scientists, Philosophers, Religious Leaders and Spiritual Masters all together and teaches it in a simple, comprehensive way that will benefit you in the new year.

Luncheon sponsored by Friend of IREM



Price does not include \$4 on-your-own garage parking.
 Add \$10 to RSVPs after 1/6/12 including unregistered walkins.
 Send reservations and payment to adollar@iremhouston.org
 Houston IREM fax is 713-783-0283. Phone is 713-783-9225. All RSVPs must be made by Noon 1/6/12. No-shows will be billed.
 IREM Houston ■ www.iremhouston.org

Attendee(s): _____
 Company: _____
 Phone: _____
 ___ Member ___ Nonmember Enclosed is my check for \$ _____
 Please bill my: ___ MC ___ Visa ___ AMEX for \$ _____
 Acct. #: _____ Exp.: _____
 Signature: _____