



**NORTHERN ILLINOIS EMPLOYEE ASSISTANCE
PROFESSIONALS ASSOCIATION**

PO Box 81673 • Chicago, Illinois 60681-0673 • 312-458-9797

**GENERAL CHAPTER MEETING
FRIDAY, OCTOBER 16, 2009**

***SCHEDULE:** 8:30 am - 9:15 am Networking
9:15 am - 10:00 am Meeting
10:00 am - 12:00 pm Program
12:00 pm Optional Networking Lunch

LOCATION: IBEW Local 701 Union Hall
28600 Bella Vista Parkway
Warrenville, IL 60555 630-393-1701
See driving directions and map on the reverse side.

CHARGE: **FREE!**
*NIEAPA now offers the October Chapter Meeting FREE OF CHARGE
for non-EAPA members. Please join us!*

*Immediately following the program, there will be an
optional pay-your-own-way networking luncheon at
Max & Erma's, 28254 Diehl Road, Warrenville*



PRESENTERS: • **Mike Gallagher, CEAP,**
 Personal Support Program, AFSCME Illinois
 • **Andrew Gallagher (Mike's son),**
 CPT Certified Personal Trainer, Jim Karas, LLC

PROGRAM: **IMPLEMENTING A HEALTHY LIFESTYLE**
The focus of this presentation will be on how a busy EAP professional can
implement a healthy lifestyle with limited time. Mike will discuss diet and
nutrition, facts and fiction. Andrew will present proper training techniques
for fitness.

Mike and Andrew will dispel myths about diet, nutrition, weight loss, and
conditioning. Their goal is to teach employee assistance professionals how to
create a positive lifestyle scheme and reduce stress through an appropriate diet
and exercise plan.

****Please note recent change in meeting credentialing and schedule. Necessary program
modifications have been made to reflect current requirements of all credentialing bodies.***

**2.0 PDHs and CEUs are available for Social Workers, Professional Counselors,
Marriage and Family Therapists, Addiction Counselors, and Human Resources Professionals.**

DIRECTIONS TO IBEW LOCAL 701 UNION HALL

**28600 Bella Vista Parkway
Warrenville, IL 60555
630-393-1701**

FROM THE EAST

Take 290 (Eisenhower) west to I-88 west.

Proceed to the Winfield Road Exit

Follow ramp to right as you enter Winfield Road

Proceed to first light. Ferry Road turn right.

Proceed to the next light Bella Vista Parkway.

Turn right onto Bella Vista Parkway and follow the curve to the front of the building.

You will see the union hall sign on the left. Make a left turn into the parking lot.

Proceed to the main lobby of the Union Hall. You will enter the lobby where the registration desk will be located.

FROM THE WEST

I-88 East to Winfield Road Exit (Winfield Rd is 8 miles East of Rt 31)

Take Winfield Road North to Ferry Road

Turn right onto Ferry road.

Turn right onto Bella Vista Parkway and follow the curve to the front of the building.

You will see the union hall sign on the left. Make a left turn into the parking lot.

Proceed to the main lobby of the Union Hall. You will enter the lobby where the registration desk will be located.

FROM RT. 59

Rt 59 to Ferry Road

Turn right onto Ferry road.

You will pass Winfield and proceed to the next light which is Bella Vista Parkway.

Turn right onto Bella Vista Parkway and follow the curve to the front of the building.

You will see the union hall sign on the left. Make a left turn into the parking lot.

Proceed to the main lobby of the Union Hall. You will enter the lobby where the registration desk will be located.

FROM THE SOUTH

Take 294 to I-88 west and follow directions as noted above from the east.

FROM THE NORTH

Take 294 to I-88 west and follow directions as noted above from the east.

