

About Fred Schafer

Known across America for his dynamic, thought provoking and humorous speaking style, conference keynote speaker Fred Schafer specializes in moving others to **Perform Better, Live Stronger and Dream Bigger.**

Fred Shafer is a former senior home health coordinator, rehabilitation hospital nutrition director, and current fitness trainer, author, consultant, and professional speaker. Fred is the founder of Fully Alive Performance Systems and since 2002, he has been delivering his myth shattering, high energy presentations to hundreds of organizations including the Wisconsin Association of Homes & Services for the Aging, Arkansas Division of Aging & Adult Services, and the New York State Association of Area Agencies on Aging. For more on Fred Schafer, visit www.fredstrikes.com

Conference Agenda

“High Performance in a High Demand World”
Thursday, November 4, 2010

8:30 AM—Continental Breakfast/
Registration/Sponsor Member Exhibits

9:00 AM—Welcome from Network in Aging President—Robert Wills MBA CFP

9:15 AM—Fred Schafer, M.S.—Featured Speaker Presentation

10:30 AM—Break/Sponsor Member Exhibits

11:00 AM—Fred Schafer, M.S.—Featured Speaker Presentation (continued)

12:30 PM—Luncheon/Annual Meeting/
Awards Presentations

2:30 PM - Program Conclusion

FREE DISPLAY TABLE for Network Sponsor Members

Network in Aging Sponsor Members are entitled to a FREE display table at the annual meeting with a paid registration. If you are interested in reserving a display table at this year's conference, please check the appropriate box on the adjacent registration form, or call the Network Office at 716-829-3712.

Registration Form

“High Performance in a High Demand World”
Thursday, November 4, 2010

REGISTRATION DEADLINE—OCT. 28TH
Payment must accompany registration!
No refunds will be given after that date.

Name: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone (Day): _____

Email Address: _____

Registration fees include continental breakfast and lunch. Please check one:

- \$ 30 Full-Time Student Only
- \$ 50 Current 2010 NIA Member*
- \$ 75 Non-Member
- \$100 2011 Individual Membership and Conference Fee**
- Check for Vegetarian Lunch
- Check for FREE Sponsor Display Table

*Indicates paid 2010 NIA membership.

**2011 individual Network membership is \$50/year. You can register for the conference and receive the current member discount rate by joining the Network now!

MAKE CHECKS PAYABLE AND MAIL TO:
NETWORK IN AGING OF WNY, INC.
University at Buffalo
515 Kimball Tower - 3435 Main St.
Buffalo, NY 14214-3079

MEMBERSHIP LEVELS (Please Check One)

*Platinum Level	\$ 750
*Gold Level	\$ 550
*Silver Level	\$ 350
*Bronze Level	\$ 250
Individual Level	\$ 50
Student/Retiree	\$ 25

*Sponsor Members may appoint three additional individuals from their organization as voting members and who will also receive Network mailings.

2011 MEMBERSHIP APPLICATION

January 1st – December 31st

Name & Title: _____

Organization: _____

Address: _____

City/State/Zip Code: _____

Phone: _____ Fax: _____

E-Mail: _____

Organization/Type: _____

PLEASE RETURN THIS FORM WITH YOUR CHECK PAYABLE TO:

Network in Aging of WNY, Inc. - University at Buffalo
515 Kimball Tower - 3435 Main St. - Buffalo, NY 14214-3079
Phone: (716) 829-3712 - Fax: (716) 829-3217
Email: info@networkinaging.com - Website: www.NetworkInAging.com

Non-Profit Org.
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Buffalo, NY

NETWORK IN AGING

of Western New York

*30th Annual Meeting
and Conference*

“High Performance in a High Demand World”

Presented By
Fred Schafer, M.S.



November 4, 2010
8:30 am – 2:30 pm

Samuels Grande Manor
8750 Main St., Williamsville, NY

“High performance in a high demand world”

Today’s stress forecast? A torrential downpour of deadlines, demands, and lack of resources. This dilemma leads to deterioration of our physical, mental and emotional resources and health. Undoubtedly, today’s workforce is being challenged at unprecedented levels. The Network in Aging invites you to its 30th Annual Meeting and Conference for a dynamic, thought provoking, and humorous presentation by nationally recognized speaker, Fred Schafer who will share with us his expertise on how to enter the “high performance zone in a high demand world”. You won’t want to miss Fred’s energizing presentation that is designed to help you perform better in both your personal and professional life.

Why You Should Attend

By attending this conference, you will:

- Learn how to change your perspective in times of stress and chaos.
- Understand how to thrive in adverse life/work conditions.
- Identify the process that moves us from a position of fear to one of boldness.
- Solve the problem of declining physical, mental and emotional health as it relates to work stress, productivity, premature aging and sustainability.
- Organize your energy to maximize productivity and achieve mastery.
- Discover the “mistakes of mediocrity” we often make and develop the “strike back solutions” you can take to enter the “high performance zone”.

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