



Presented by the CCBA's
Wellness Committee

Secrets to Success with Less Stress for Lawyers

Topics:

- Understand the root cause of stress and its impact on your performance, wellness, and relationships.
- Experience the most effective practices that will quickly bring you out of chaos and into calm.
- Learn how to build resilience so you can respond to any challenge with positive energy.

 **Wednesday, May 7, 2025**

 **12:00 p.m. - 1:00 p.m.**

 **Zoom Webinar**

COST:

CCBA Members: \$20 (w/PA Credit: \$23)

CLE Key: \$0 (w/PA Credit: \$3)

Non-Members: \$30 (w/PA Credit: \$33)

Paralegals/Legal Secretaries: \$10

Law Students: FREE

SPEAKER



Lisa Poslusny NBC-HWC, A-CFHC
Well-Being and Mental Fitness Coach
Lisa Poslusny LLC

MODERATOR

Erin Deitz, Esq.
Camden County Prosecutor's Office

**A link and any materials will be
emailed the morning of the program.**

CREDITS:

This program is approved by the NJ CLE Board of the Supreme Court of New Jersey for 1.2 hours of total CLE credit. Of these, 0.0 qualify as hours of credit for ethics/professionalism and 0.0 qualify as hours of credit for diversity, inclusion & elimination of bias.

PA CLE Board: Includes 1 hours of Substantive credit, and 0 hours of credit for ethics/professionalism. The CCBA charges an additional fee for PA credits. *Actual credits earned may be less if seminar is less than 60 minutes.*

Need PA Credits? PA ID# _____

REGISTRATION

Or register online: www.camdencountybar.org

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Exp. _____ CVV _____ Signature _____

CANCELLATION POLICY: Full refunds will be given to registrants whose cancellations are received at Bar Headquarters at least 48 hours prior to the event. Refunds WILL NOT BE GRANTED THEREAFTER. Substitute attendees, however, are welcome. This policy also applies to pay-at-the-door registrants who will be invoiced if proper cancellation is not provided.