

# The Norfolk & Portsmouth Bar Association

presents

## Wellness in the Legal Profession: Becoming a More Health Conscious Practitioner

1 CLE Credit

Thursday, November 21, 2019, 1-2 P.M.

Immediately following NPBA Luncheon  
Hits at the Park, Harbor Park

**Coordinator:** Vania B. Ratliff  
Vandeventer Black LLP

**Faculty:** Tameeka M. Williams  
Legal Aid Society of Eastern Virginia  
Michael D. Pierce  
Vandeventer Black LLP

This course provides a brief overview of the wellness problem, the definition of lawyer well-being, and a discussion of what work-life balance means and whether it is truly achievable.

The course also delves into various strategies to decrease stress, improve mindfulness, and find activities unique to the legal profession that can enhance any attorney's overall lawyer well-being.

To register, complete form and mail with payment to:  
NPBA, City of Norfolk Courthouse, 150 St. Paul's Blvd, 2nd Floor, Norfolk, VA 23510

---

### Wellness CLE

Name: \_\_\_\_\_

Firm: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Non-Members - \$60.00  
2019-2020 Season Ticket Holders Welcome  
Contact NPBA at 622-3152 or npbamail@gmail.com