

News: April 24, 2017–for Immediate Release  
Re: South Suburban College, [www.ssc.edu](http://www.ssc.edu)  
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## **BUILD A BETTER YOU! SEMINAR OFFERED BY SSC'S BCI**

SOUTH HOLLAND, IL – The Business and Career Institute of South Suburban College, the Chicagoland Speakers Network, the Chicago Southland Chamber of Commerce and Prudential Financial are partnering to provide you with a half-day seminar entitled, *Build a Better You!* Join us on Thursday, May 11, from 9:00 a.m. – 12:15 p.m. to hear eight local experts provide practical suggestions and inspiring information that benefits your *whole* being.

### **Why You Should Attend:**

*Build a Better You* will address all aspects of self, including these interactive and invaluable talks: A Better You Starts with a Better Morning facilitated by Certified Professional Organizer Colleen Klimczak; Build Quality Relationship Skills by Professional Massage Therapist Sabrina Schottenhamel; The Power of Mindful Eating presented by Licensed Nutritionist Erin Dubich; What is Stress and How Does it Affect Your Decisions? by Business Coach Mark Fechner; Better Future with Estate Planning presented by attorney Sonia Coleman; Emotional Intelligence for Business Success facilitated by Client Solutions Specialist Alexandra Glumac; Snapshots to Success by Speaking Coach Lori Klinka and Women & Money: Taking Control of Your Financial Future facilitated by Financial Professional Associate Tiffany Allen.

Building on decades of experience and expertise, these Ted-talk style presentations are designed to provide you with the best of the best information to improve the various areas of your life. You are worth the investment!!

### **Time:**

9:00–9:30 am: Registration, Networking & Breakfast  
9:30–12:15 pm: Program  
12:15pm–Wrap-up

### **Location:**

Chicago Southland Chamber of Commerce  
18230 Orland Parkway (on St. Xavier campus)  
Orland Park, IL 60467

### **Cost:**

\$49–Early bird; \$59 at the door

### **Registration:**

Please go to our website <http://chicagolandspeakersnetwork.com> or contact Erin Dubich at [eldubich@gmail.com](mailto:eldubich@gmail.com).

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