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## **OPTICAL WOMEN'S ASSOCIATION PRESENTS ANNUAL PROFESSIONAL GROWTH WORKSHOP – FREE TO MEMBERS!**

Las Vegas NV ~ The Optical Women's Association will host its annual professional growth workshop during the upcoming International Vision Expo West Conference in Las Vegas, Nevada.

The session, Taking the Challenge: Eating Healthier on the Road, on the Job, on the Go, takes place on Wednesday, September, 5 from 4:30-6 pm at the Venetian/Palazzo Congress Center, Level 3, San Palo Room 3501. Admission is free for members and \$35 for non-members, and advance registration is required. Visit [www.opticalwomen.com](http://www.opticalwomen.com) to register.

The workshop will be conducted by Rebecca Johnson, CPOT, COT, COE, president of EyeTrain4You and an OWA member. As a professional trainer, Rebecca Johnson finds herself on the go, on the job or on the road, all the time. Trying to eat healthy is not only a challenge, but sometimes seems impossible. Rebecca has taken a challenge. For the days leading up to the workshop, she is making a concentrated effort to find a way to improve her diet while on the go. She is blogging about the challenges she faces. At the workshop, Rebecca will share her experiences and lessons learned, offer tips and advice on her successes and even her failures.

"This workshop should be of real value to all of our members who are active, on the go women," according to Christie Walker, OWA board member and event coordinator. "Attendees are encouraged to bring their best practices for eating healthy on the go to share with other attendees. This will be a very interactive workshop."

If the OWA is new to you, attend this inspiring event to enjoy and engage with OWA members. Why join the OWA? Would you like to get to know other women in the optical industry and create a network of professionals to turn to for friendship and advice? Attending fun-filled OWA-sponsored events is a great way to stay in the industry loop and continue to meet new optical contributors to enrich your daily tasks. You can even join a committee! Whatever your skill set, there is a position that could use your special touch. By engaging, you will be helping to keep the OWA strong and growing, while building new skills and relationships.

The Optical Women's Association is a non-profit organization founded in 1997 with the mission of supporting and promoting the professional development of women in the optical industry. Projects and programs include the Star Network Mentoring Program; the Professional Optical Women's Workshop, providing women in the optical industry with personal and professional growth opportunities; networking



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events at both Vision Expo East and West; and the annual Pleiades award which recognizes and honors individuals who have made a significant difference for women in the optical industry.

The OWA would like to thank our professional development fund sponsors for their generous support and belief in the OWA mission.

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