



# BE A HEALTHY LAWYER - OWNING YOUR MENTAL WELL-BEING AND FINDING JOY IN THE LEGAL PROFESSION

Studies indicate that too many lawyers experience chronic stress. Finding a method to combat this stress is critical to your well-being as a lawyer. Attorneys who reconnect with themselves, their co-workers and the purpose of their organization are happier and more productive.

Join Prosecutor and Communications Coach, Tracy Miller, for a dynamic and interactive one-hour program designed to give lawyers the tools to find happiness and eliminate the stigma associated with stress. Attendees will also learn techniques to inventory their current system and take steps to construct a legal career built on greater well-being, increased happiness and greater competence.

## SPEAKER

**Tracy A. Miller**  
*Prosecutor*

OCBA YLD Education Chair:  
**Lucia Valenzuela, Esq.**  
*Hall & Company CPAs & Consultants, Inc.*

## Tuesday, August 20, 2019

**Registration/Refreshments:** 6:00 p.m. **Program:** 6:30 – 7:30 p.m.  
**Orange County Bar Association** 4101 Westerly Place, Newport Beach, CA 92660

**\$25\* OCBA Members**  
(Price Includes Light Dinner and 1.0 Competence Issues CLE Credit)

\*Day of event, add \$10

Register online at [ocbar.org](http://ocbar.org)

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Name: \_\_\_\_\_ Email: \_\_\_\_\_  
By providing your email address, you agree to allow the OCBA to email you regarding relevant OCBA information.

Firm Name: \_\_\_\_\_ Bar # \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Visa/MasterCard/AmEx/Discover: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

\$ \_\_\_\_\_ enclosed/to be charged. (Make checks payable to OCBA.)

**Payments received on day of event, add \$10.** Registration is not confirmed until payment is received. OCBA is not responsible for lost, misdirected or delayed mail. Cancellations must be received in writing via fax or email by **Thursday, August 15 2019** to receive a refund. (There are no refunds after this date). Registration may not be transferrable; certain conditions apply. On-site registration available, if space permits. OCBA reserves the right to substitute speakers. This activity has been approved for Minimum Continuing Legal Education Credit by the State Bar of California in the amount of 1.0 hour(s) Competence Issues, as appropriate to the content of the activity. OCBA is a State Bar approved MCLE provider and certifies that this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing MCLE. **Persons with disabilities:** If special arrangements are required, contact OCBA at least 10 days prior to the program.