



**ORANGE COUNTY BAR ASSOCIATION**  
LAWYER WELL-BEING COMMITTEE PRESENTS

**1.0 MCLE**  
Prevention and  
Detection Competence

# REFRAMING ALCOHOL:

## How & Why to Drink Less to Be Your Best

How much is too much when it comes to drinking alcohol? Speaker **Amy Guldner**, Attorney, Coach, Speaker and Founder of Reframing Well-Being, tells her personal story about acknowledging that her daily drinking had become a problem even though she was still productive and functional.

Is functional enough? Discover how much healthier and happier you can be after breaking up with alcohol. Many adults are choosing to drink less—with 41% of adult Americans not drinking at all in 2024, and 49% saying they're trying to drink less in 2025. Drinking less can improve the quality of your work, personal life, relationships, and health. Even small changes can make a big difference.

Learn the science of how alcohol impacts physical and mental well-being. Get skills, tools, and inspiration for launching your own experiment (alone or with colleagues) with drinking less to be your best.

**Thursday, April 10, 2025**

Registration: 12PM | Program: 12:30PM–1:30PM

**ORANGE COUNTY BAR ASSOCIATION**

4101 Westerly Place, Newport Beach, CA 92660

**OCBA Lawyer Well Being Co-Chairs:**  
Heidi M. Plummer and Eric Sather

**IN-PERSON ONLY**

\$30 OCBA Member

\$60 Non-OCBA Member

*(Lunch included)*

Register online at **OCBAR.ORG**

Space Is Limited | Sign Up Soon

*Please contact [events@ocbar.org](mailto:events@ocbar.org) for more information.*

*Registration Deadline: Tuesday, April 8.*

This activity has been approved for MCLE by the State bar of California in the amount of 1.00 Prevention & Detection Competence hour(s) 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. Attendees must watch the program in its entirety in order to receive Participatory MCLE credit. Cancellations must be received in writing via fax or email 3 business days prior to the meeting. OCBA reserves the right to substitute speakers.

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