

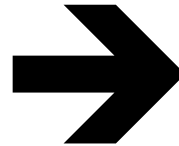


**METROPLEX ASSOCIATION OF  
CORPORATE PARALEGALS**

*P.O. Box 201592, Arlington, Texas 76006*

*www.macp.net*

Go from **STRESSED** to SERENE in ONE HOUR



**THE PROGRAMS COMMITTEE  
INVITES YOU TO A LUNCHTIME  
SEMINAR**

11:45 am – 1:00 pm

*“Stress Management in the  
Workplace”*

*Presented by Om Prakash, PhD.*



**Wednesday February 3, 2010**

Swiss Re Life & Health America Inc.

12770 Merit Drive, Suite 600  
Dallas, TX 75251  
(982) 364-4174

**Thursday, February 4, 2010**

Tarrant County Bar Association  
1315 Calhoun Street  
Fort Worth, TX 76102-6504  
(817) 338-4092

**The cost is \$5 for MACP members, \$10 for non-members, and Lunch is included. RSVP to [JLewis@valhi.net](mailto:JLewis@valhi.net) by January 29, 2010.**

**Please make checks payable to MACP.**

**I will attend the Fort Worth session. # attending**

**I will attend the Dallas session, # attending**

**About the presenter:**

Dr. Prakash holds a MS in Psychology from National Muslim University, India, a Masters degree in Educational Psychology from University of Minnesota, a doctoral degree in Clinical Psychology from the University of Montana, and completed his fellowship in Psychology at the University of Kansas Medical Center. He served as a Director of Behavior Modification for ten years at The North Texas Mental Hospital in Wichita Falls. He established a practice in Clinical Psychology in Irving Texas, and has been providing coaching services to his clients for the last five years. Dr. Prakash spent four years of his life in Gandhi’s freedom movement until India was declared independent on August 15, 1947. He helped Gandhi in organizing communities for post independence migration of populace in the event of the partition of the country. Dr. Prakash, with his techniques, can teach all levels of corporate teams *how to stress less and think more clearly, strategies to cope with potential or actual job loss, meditation to become high achievers, how to clear your mind and have more focus, how to keep the mind sharp as you age and how to strengthen and maintain your immune system.*

**Please note that this seminar is not for CLE credit.**