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# Training Opportunity

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*VJJA's Capital District Presents ...*

## **INSPIRING YOUR JOURNEY TO SUCCESS!**

Life Journeys will be your guide on this day-long adventure designed to take you on your own personal journey. Utilizing the *Circle of Courage*, *Brain Gym*, and *Peak Performance* exercises, participants will learn about the tools they already possess, as well as those they will need in order to achieve their peak performance. During this step-by-step workshop, Life Journey facilitators will help you map a trail to personal and professional success!

**WHERE:** HENRICO TRAINING CENTER  
7721 E. PARHAM ROAD  
RICHMOND, VIRGINIA

**WHEN:** THURSDAY, JUNE 9, 2005

**REGISTRATION:** 8:30 am (Light Refreshments)

**WORKSHOP:** 9:00 am-4:30 pm (Lunch Included)

**COST:** current VJJA members FREE  
non-members \$15.00

**Join today for \$15 (includes free training and membership dues through June 2006)!**

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### REGISTRATION FORM

**NAME:** \_\_\_\_\_

**AGENCY/OFFICE  
LOCATION:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**E-MAIL ADDRESS:** \_\_\_\_\_

Registration Deadline: June 3, 2005 ~ Make all checks payable to: VJJA

**Return completed registration forms to:**

Mishell Fricke, VJJA Capital District Secretary/Treasurer  
c/o 14<sup>TH</sup> District Court Service Unit, PO Box 27032, Richmond, Virginia 23273-7032  
or send by fax to (804) 501-4405

**Capital District Officers**

Katherine Farmer, (804)501-4417, [capitaldistrictchair@vjja.org](mailto:capitaldistrictchair@vjja.org)  
Marie Bristow (804)306-7337, [capitaldistrictvicechair@vjja.org](mailto:capitaldistrictvicechair@vjja.org)  
Michelle Fricke, (804)501-5223, [capitaldistrictsecretary@vjja.org](mailto:capitaldistrictsecretary@vjja.org)