

## In Case You Missed It . . .

**NJAWBO truly reflects the “Power (and flexibility) of Women!”** In spite of a change in plans (due to weather, dinner keynote speaker, Pam Fischer, was unable to attend), the March 23rd Bergen/Passaic Chapter “Power of Women” event still provided a wonderful opportunity to network and build relationships. March monthly member sponsors, Loren Gelberg-Goff and Carmel Ann Mania, who have recently teamed up as *Being Well Within*, gave an informative talk and demo on how to relax and reduce stress even while sitting down! Afterwards, Caryn Starr-Gates of Starr-Gates Communications and Sandra Bauman of Bauman Research gave a thorough presentation on *Networking Do’s and Don’ts*. They acted out various scenarios and asked the audience to identify what worked and what didn’t work. Very funny and insightful tips! After dinner, members had a chance to try their new skills while networking with members from the Passaic Chapter. An enjoyable and inspiring time was had by all.

