

# Are you Allowing Stress to Control you; or are you taking charge of it?

*Keynote Speaker: Robin Necci*



**Tuesday, March 25, 2025**

**Virtual Meeting**

Registration Required for Zoom

Networking/Intro...6:00 pm; Program...6:30 pm

**The Greater Oakland Charter Chapter of ABWA invites you to join us as Robin Necci helps us work to take charge of our health and controlling stress.**

Today's fast-paced world, and our to-do lists, keep us on the go trying to accomplish as much as possible in one day. Taking time to manage our health and wellness should be at the top of our list. Our speaker, Robin Necci, will help us do that by covering the following points.

- What We Know About the Importance of Health and Fitness
- Nutrition and its Role in a Healthy Lifestyle (Its Relative Importance).
- Incorporating Lesser-Known Information for Better Utilization to Combat Stress
- Mental Health and Wellness
- Building Sustainable Healthy Habits

Robin Necci is self-employed as a Lifestyle/Nutrition Coach - Modexus LLC/Opulence LLC/MPG Global LLC. She is a 42 year member of ABWA and a member of Heart of the Piedmont Chapter in Greensboro, NC. She was the 2006-2007 ABWA National President, 2021 ABWA Top Ten, ABWA Blue Sapphire Level member sponsoring 44+ members. She is also a volunteer for Habitat for Humanity, Neighbors Helping Neighbors committee volunteer, and on the Student LIFT Committee for Asheboro/Randolph Chamber of Commerce.

**Registration to attend this FREE virtual meeting is required at:**

**[www.abwa-greateroakland.org/events/](http://www.abwa-greateroakland.org/events/)**

You will get the Zoom meeting link after you register.

**We look forward to seeing you soon!**



**Greater Oakland Charter Chapter**