



THE ST. LOUIS COUNTY  
BAR ASSOCIATION



THE LAWYERS ASSOCIATION  
OF ST. LOUIS, MISSOURI



THE WOMEN LAWYERS' ASSOCIATION OF  
GREATER ST. LOUIS



THE JEFFERSON COUNTY  
BAR ASSOCIATION



THE BAR ASSOCIATION OF  
METROPOLITAN ST. LOUIS



MISSOURI ASIAN AMERICAN  
BAR ASSOCIATION



MOUND CITY BAR ASSOCIATION

**PRESENT:**

***HIGH ENERGY EXTREMELY ENTERTAINING PROGRAM***

**THE RIGHTING REFLEX –**

**STRESS MANAGEMENT AND WELL-BEING**

**THURSDAY, MAY 6, 2021, 12:00-1:00, via Zoom**

**1.2 Total CLE Credit Hours - 1.2 Ethics and Professional Responsibility Credit Hours**

**Presenter:** James N. Fendelman

The legal world is stressful; how do we balance the demands of the legal profession with our own mental health? In this high-energy, extremely entertaining program you will learn the four key tools of stress management:

- 1) Mindfulness
- 2) Perspective
- 2) Self Regulation
- 4) Resilience

This program deals with deep concepts in a fast-paced, light-hearted manner with lots of vivid examples. You will leave this program with a clear map for negotiating the stress of your legal professional life and find yourself able to approach each day with renewed vigor.

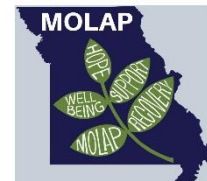
**COST**

All registration fees are being donated to the Missouri Lawyers' Assistance Program.

\$5.00 minimum but we welcome any additional amounts.

Payable by Credit Card or Check.

Zoom Meeting ID and password will be provided upon registration.



**Format:** All participants will be muted. Please submit questions through the Chat feature

## REGISTRATION

***All registration fees are being donated to Missouri Lawyers' Assistance Program.  
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**To pay by credit card:** Visit the events tab on our webpage at <http://stlcountybar.org/> and click on the Pay Event Fee button. If paying by credit card, you do not need to return this registration sheet. If registering and paying for more than one person, please indicate in the explanation the names of the registrants.

**To pay by check:** Provide the information below and mail the completed sheet with a check payable to "St. Louis County Bar Association" to St. Louis County Bar Association, P.O. Box 16591, Clayton, MO 61305 (noting our new address).

If your fee is complimentary and you wish to register, please contact our executive director, Lael Richter Simon, at [stlcountybar@gmail.com](mailto:stlcountybar@gmail.com) or (314) 282-0050.

### COMPLETE AND SEND IF PAYMENT BY CHECK:

Name \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ Email address \_\_\_\_\_

Amount \_\_\_\_\_

***RSVP by Wednesday, May 5, 2021***

If you have not received an email confirmation of your registration and payment by May 5<sup>th</sup> or have additional questions, please contact Lael Richter Simon at [stlcountybar@gmail.com](mailto:stlcountybar@gmail.com) or (314) 282-0050.