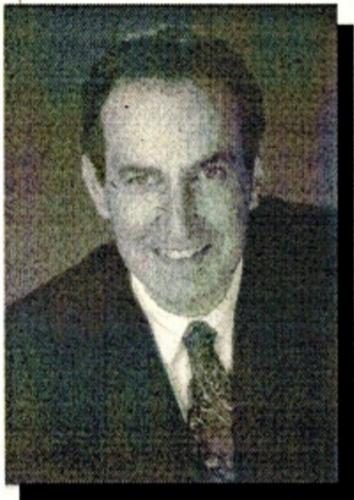


Featuring.....



Jeff Davidson, MBA is a distinguished and prominent author. His works have been selected by 20 major book clubs and published in 14 different languages.

In this spellbinding presentation, Jeff spells out how to remain prosperous and confident independent of the frequency of change you face, and how to maintain a sense of breathing space along the way.

This special presentation will help us learn how to master the art of:

- Controlling our immediate environment to support us
- Gaining energy from our accomplishments, large or small
- Attaining breathing space more easily and more often

“Breathing Space is to time management as Big Sky Montana is to Chicago at rush hour; CPR is to smelling salts; a long soft sigh is to a hiccup.”

– Kate McKeown, Co-author, *Beyond IBM*

“Time is the ultimate ‘equal opportunity employer’. Jeff Davidson shows us how to master it.”

– Dr. Denis Waitley, Author, *The Psychology of Winning*

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FREEPORT HEALTH NETWORK
Freeport Regional Health Plan

Agenda

Welcome Ellen Poppen
Northwest Illinois IMC President

Invocation Larry Elliott
Executive Director of Northwest
Illinois YMCA

Dinner

Remarks by Program Sponsors:
Freeport Health Network's Freeport Regional Health Plan
Rockford IMC
Northwest Illinois IMC

Introduction of Speaker

Program
Jeff Davidson
**“Staying Confident &
Prosperous in a World of
Rapid Change”**

Closing Remarks

