

A complimentary educational seminar for investors

# 2015 FINANCE & FITNESS RESOLUTIONS FOR WOMEN

Learn how to take better care of your finances and your body. Improving these two important aspects of life can help you reduce stress and provide you with the confidence you need to pursue your life goals.

With new year's resolutions still top of mind, these four Women of Ambition dish out the top 10 resolutions that will keep your health and wealth in check.

## FEATURING:



**DIAN CHAABAN**  
Investment Advisor  
RBC Dominion Securities

Dian will discuss:

- 10 simple financial resolutions to conquer in 2015
- Wealth management – what it really means for you



**AMY MACKENZIE**  
Financial Planner  
RBC Royal Bank

Amy will discuss:

- Paying yourself first
- Choosing the right financial advisor



**SANDRA CHABOT WEBER**  
Holistic Nutritionist  
SandraChabot.com

Sandra will discuss:

- How to stay radiantly energized in 2015
- Nail your morning ritual for all-day energy



**DR. EMILY LIPINSKI**  
Naturopathic Doctor  
Aspire Health

Emily will discuss:

- Stress reduction techniques
- Thyroid health: Need-to-know info!

## WHEN:

Friday, February 6, 2015 | 12:00 p.m. - 1:00 p.m.

## WHERE:

RBC Plaza Main Branch | 200 Bay Street – South Tower | Toronto, ON | Main lobby level

## RSVP:

Please confirm your spot by Friday, January 30 with Mary at [mary.hernandez@rbc.com](mailto:mary.hernandez@rbc.com) or 416-955-5613.



**RBC Wealth Management**  
Dominion Securities

There's Wealth in Our Approach.™