

# International Women's Day *Breakfast*

Friday, March 8th

Doors open: 8:00am | Breakfast starts: 8:30am

Cost: \$15 (cash only please) for one ticket:

buy one ticket and get the second ticket free!

Location: Janna & Kerry's in Downtown Pembroke

*Bring a friend!*

Keynote Speaker: Julie Keon

Julie Keon has been a social worker, doula, officiant, death care educator, author and mother to a medically fragile child. Julie shares her story along with the challenges and triumphs that led her to be one of the Ottawa Valley's most impressive women.



Brief presentations from the Community Living Upper Ottawa Valley Speakers Bureau and BEE Successful, ambassadors for people with intellectual disabilities in our community.

**Tickets Available and RSVP to:**

Diedre Lambert, Administrative Assistant

Community Living Upper Ottawa Valley

Phone: 613-735-0659 ext.113 | [dlambert@cluov.ca](mailto:dlambert@cluov.ca)

*Celebrate the achievements of women!*

Choose your breakfast option:

OPTION 1: French Toast or Pancakes topped with fresh fruit and whipped cream

OPTION 3: Western Omelet with home fries or fruit, and your choice of toast

OPTION 2: Breakfast Croissant with a side of fruit (croissant stuffed with scrambled eggs, avocado, and spinach)

OPTION 4: Scrambowl, scrambled eggs atop a bed of spinach, cherry tomatoes, sauteed onions & peppers served with a choice of toast.