

International Women's Day *Breakfast*



Friday, March 6th

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

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

Buy one ticket, get one free!

Location: Janna & Kerry's in Downtown Pembroke

Bring a friend!

Keynote Speaker: Gwen Greenstock

Gwen has been an active member of the business and giving community for many years in the Ottawa Valley. She broke the glass ceiling for women in many ways throughout her career and was often ahead of her time. Come hear her story!

plus

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

Celebrate the achievements of women!

Tickets Available and RSVP to:

Paige LeClair, Administrative Assistant
Community Living Upper Ottawa Valley
Phone: 613-735-0659 ext.0 | pleclair@cluov.ca

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.