

# The Power To Achieve

5 speakers, 5 perspectives, 1 goal:  
To help you discover your own power to achieve  
personal satisfaction and professional success.



## Hosted by CJAD's Lisa Fuoco

5 unique speakers with inspiring perspectives about achieving your goals, no matter the obstacle. Be prepared to be touched, motivated, and empowered to achieve!



## Gift Tshuma

Gift Samuel Tshuma cannot walk, and yet he has taken longer strides than most able-bodied people. He is looking forward to talking to you about how any of life's obstacles can be overcome. "I always knew that there are people in this world that experience bigger problems than I, but are able to overcome them."



## Marie-Pierre Gagné

No time or energy to pursue your dreams? Talk to Marie-Pierre Gagné. A two time Canadian Olympian, Marie-Pierre earned her Bachelor of Commerce degree at McGill University, and is pursuing graduate level studies. A gifted and popular speaker, Marie-Pierre will discuss life balancing, and how to make it work for you.



## Roslyn Franken

Cancer as a motivator to better living? Talk to Roslyn Franken. Author and internet radio show host, Roslyn owns Roslyn Franken Group, committed to helping people get fit, have fun and feel free by reaching and maintaining a healthy weight, balanced lifestyle, and positive life outlook.



## Dr. Ashok Oommen

How long do you want to live? A long time? Talk to Dr. Ashok Oommen about your greatest wealth: YOUR HEALTH. Dr. Oommen is a McGill University faculty lecturer, an experienced family doctor and an emergency specialist at MUHC. Dr. Oommen has been featured on CJAD, Global TV, The Gazette and has hosted a weekly health show on 940AM.



## Robert Soroka

Not sure what you want to do? Then do it all... How? Talk to Robert Soroka. Robert has a varied background as a criminal lawyer, professor, consultant, marketing analyst, TV and radio personality and actor and playwright. Robert looks forward to discussing *Achieving More by Creating Your Personal Definition of Success*.

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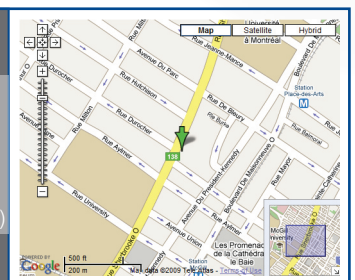
committed to your health and well being



**The Suburban**  
**The Gazette**

**November 14th, 2009 – Holiday Inn Montreal-Midtown**  
420 Sherbrooke W., Montreal, QC H3A1B4

8:30 : Coffee, continental breakfast and Inscription  
9:15 - 10:30 : Speakers  
10:30 - 11:00 : Break and refreshments  
11:00-12:30 : Speakers  
12:30-1:00 : Meet and Greet  
Registration : Call 514-731-2491 (ask for Power to Achieve conference)  
Ticket Price: \$49 - Non-profit event benefiting the West Island YMCA Strong Kids Campaign



For more information visit: [www.cardiogenix.ca](http://www.cardiogenix.ca)