



**BALTIMORE COUNTY BAR ASSOCIATION**  
**Professionalism Committee**

May Virtual Wellness Series – 1<sup>st</sup> in a Series of 6

*Wellness Wednesday with Wendy*

**Wednesday, May 6, 2020**

**11:00 a.m.**

**SPEAKER**

**Wendy S. Meadows, Esq.**

Law Office of Wendy S. Meadows

[www.wendymeadowlaw.com](http://www.wendymeadowlaw.com)

Lawfully Lean

[www.lawfullylean.com](http://www.lawfullylean.com)

**PROGRAM CHAIR**

William F. Alcarese, Jr.

Suzanne K. Farace

Ari J. Kodeck

**LOCATION**

Virtual – link will be emailed upon registration

**COST**

BCBA Members, FREE: Non-Members, FREE

Hear from one of our own on how to be a well-minded, well-rested, and overall WELL lawyer.  
Hint: it all begins with your morning. Come join us for a live interactive call where Wendy gives her top 10 tips.

**Future Programs**

**May 11**, Managing Children at Home While Working Remotely

**May 19**, Stress Eating; Strategies to Help Put You Back in the Driver's Seat

**May 21**, Work from Home Ergonomics: You don't need to suffer

**May 26**, Flow & Strengthen Yoga

**May 28**, Stretching for Stress Relief: Movement for the whole family

