



*Don't be on the outside
looking in when
you can be on the inside
looking out!*

Many COTAPSA events have been organized for the upcoming year. Our events are for members only, BUT we welcome all non-union employees to join our Association and take advantage of these great educational sessions and all other member benefits including HR/LR services, website, newsletter, insurance discount, etc.

Here are just a few of the events offered over the next year:

- Two Financial Advisor Sessions (Fall/Winter)
- Two *Retirement 101* Sessions (Fall/Winter)
- *Healthy Bodies in the Workplace* Sessions
- *Mindfulness* Sessions
- Two OMERS Information Sessions (Fall/Winter)
- Volunteerism Day at City Hall
- Two Employment Lawyer Sessions, *Ask the Expert* (Fall/ Winter)
- *Coping in Retirement* Session
- A COTAPSA Cares Yoga in the Square for United Way

Event registration for these popular, valuable lunch sessions opens soon...join today so you can be on the inside and get access to the important information provided!

Visit www.cotapsa.ca and click "join today"