

### Say No To Stress

04.19.2023

Event Sponsor: Association of Corporate Counsel

**Wednesday, April 19, 2023**

12:00 p.m. - 12:30 p.m. PT

*Complimentary Program via Webinar*

[Click here to register.](#)

\*Webinar details will be sent upon registration.\*

Learn tips and tricks to stay well and keep your team healthy with these quick brain breaks and body movements to recenter your focus. This session combines deep breathing, tai chi & ergonomics, and a “Beach Brain” guided meditation to create a strong mind and body connection, raise energy and clear out any cobwebs or negative thoughts. We will explore the science of mindfulness and you will leave feeling refreshed and ready to tackle the day!

#### **Speaker and Moderator**

##### **Angela Minardi | Chief Experience Officer | Fit City Adventures**

Angela Minardi is the Chief Experience Officer at Fit City Adventures, a corporate wellness & lifestyle concierge that keeps teams connected & healthy by providing “team building with a twist” through 100+ virtual and onsite events including meditation, ergonomics, fitness & cooking challenges, team trainings, music & art experiences, game shows, a speaker series and more.

##### **Elizabeth Balfour (moderator) | Partner | Sheppard Mullin**

Elizabeth Balfour is a litigator and healthcare lawyer and works out of Sheppard Mullin's San Diego office. Elizabeth handles commercial litigation, including cases involving breach of contract, indemnification claims, enforcement of buy-sell agreements and other disputes arising out of corporate transactions. Her securities litigation practice includes shareholder derivative claims, class actions, SEC enforcement actions and internal investigations.

This program was prepared by Sheppard Mullin in partnership with the Association of Corporate Counsel, San Diego Chapter (ACC).

**Questions?** Please contact Belinda Ashong via email.