

**Seattle Tennis Club**  
922 McGilvra Boulevard East, Seattle 98112  
**Monday, October 16, 2017**

**Time:** 11:30 AM Social Time, 12 Noon Luncheon

**Program:** Sivie Suckerman, LMHC: **Mindfulness Based Strategies and Meditation**  
Mindfulness is an approach used across healthcare, mental health, education, and now the corporate world, to increase well-being. Sivie will discuss a core concept in mindfulness: compassion. She will talk about how mindfulness can be used to increase our compassion for our own experiences as well as our communities and world in order to be more compassionate and interconnected people. Sivie has a private practice providing therapy for youth, families, and adults as well as providing workshops and presentations to groups and organizations. Sivie has practiced in community mental health, crisis services, school-based mental health, residential, and women's health agencies. She has a masters in clinical psychology and extensive training and additional certifications in mindfulness based strategies and meditation.

**Menu:** **Entrée #1:** Grilled Chicken Arugula Salad, Crispy pancetta, Reggiano Cheese  
**Entrée #2:** (vegetarian/vegan option): Ratatouille, Polenta, Spinach and Portobello Mushroom Tower  
*All entrees include rolls and butter, coffee, tea and decaf service and Chef's choice of dessert.*  
*Cash bar available in the gallery.*

**Directions:** Take I-90 Westbound to I-5 Northbound. Take the Madison Street exit. Travel east on Madison Street toward Lake Washington for approximately 3.5 miles. Turn right on McGilvra Boulevard East (Wells Fargo Bank on corner). Travel south on McGilvra Boulevard for about 3.5 blocks until you see the Seattle Tennis Club parking lot.

**Parking:** Free parking in the Seattle Tennis Club parking lot; please park along north and east walls of lot.  
We encourage carpooling as parking may be limited.

**Carpool:** Call Nancy LaVallee at 206.383.9227 by October 9th if you need or can provide a ride.

**Cost:** **\$33.00** - Early Bird tickets either purchased online\* or postmarked by October 2nd  
**\$38.00** - Regular tickets either purchased online\* or received by mail by October 9th  
**\*An additional fee of \$2.50 applies to all online registrations. Regretfully, walk-ins cannot be accommodated.**

**Register and pay online at:** [www.mercerislandwomensclub.com](http://www.mercerislandwomensclub.com)

**Register and pay by check:** Make check payable to MIWC and mail with reservation form to:  
Sandra Daniel, SE 71<sup>st</sup> Street, Mercer Island, WA 98040  
Please include your email address on your registration to receive a confirmation.

**Reservations by mail must be postmarked by October 2 for Early Bird Pricing** and received by October 9.  
*Refunds are **not** available after October 9.*

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*We are looking forward to seeing everyone at the Seattle Tennis Club. Please complete and return this form to be received **by October 9!***

Member Name: \_\_\_\_\_ Entree: 1 \_\_\_ 2 \_\_\_ Sit at Newcomer Table? Y \_\_\_ N \_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Guest #1: \_\_\_\_\_ Entree: 1 \_\_\_ 2 \_\_\_ Sit at Newcomer Table? Y \_\_\_ N \_\_\_

MIWC Member? Y \_\_\_ N \_\_\_ Email: \_\_\_\_\_

Guest #2: \_\_\_\_\_ Entree: 1 \_\_\_ 2 \_\_\_ Sit at Newcomer Table? Y \_\_\_ N \_\_\_

MIWC Member? Y \_\_\_ N \_\_\_ Email: \_\_\_\_\_

Are you interested in serving as a co-host for a future luncheon? Yes \_\_\_ No \_\_\_

Total Enclosed: \$ \_\_\_\_\_