

Meetings are the 1st Wednesday of
each month at 8A.M.

Meetings:

March 4th, 2026

Clearwater Beaverton

910 NW 185th Avenue
Beaverton, OR 97006

April 1st, 2026

Location TBA

Multnomah County

Core Values:

Integrity
Compassion
Accountability
Respect
Engagement

The goal of MSN is to educate, support
and provide resources to marketing and
community relations professionals in the
healthcare and senior industry.

The 7 Habits of Time Management

Presented by Dore Jean

We will explore practical, research-backed principles that help professionals take control of their schedules, increase productivity, and reduce stress. This session breaks down seven core habits that shift time management from reactive to intentional, including prioritizing what truly matters, planning with clarity, minimizing distractions, and building consistent systems for follow-through.

Understanding What Makes Parkinson's Unique

Learn how to best serve people with
Parkinson's and their families.

Scan to pre-pay for
the next meeting!



MetropolitanSeniorNetwork.com



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