

**BRENTWOOD BALDWIN WHITEHALL CHAMBER OF COMMERCE**  
**Women's Networking Luncheon**

**Friday, August 10, 2018**

**Noon**

**South Hills Country Club**

4305 Brownsville Road

Pittsburgh, PA 15227

**Guest Speaker**

**Shauna Frantz, LCSW**

Community Outreach Specialist  
Jefferson Hospital Behavioral Health Services

**Managing Stress Mindfully**

Everyone is affected by stress, and stress affects our health more than people realize - 60-90% of doctor visits are stress related. Mindfulness practices have become internationally popular in the past decade. Everyone is promoting mindfulness techniques as the latest discipline; however, their roots reach 2,500 years into the past. The purpose of these practices is to end suffering. We will explore some of the similarities and some of the differences between mindfulness and meditation and learn some simple mindfulness techniques to reduce stress and increase relaxation.

If you are looking for new marketing opportunities to showcase your products and services, please reserve a table and share this information. ***Display tables (\$15 for chamber members, \$20 for non-members) are limited and will be reserved on a first come first served basis.***

***Lunch for Chamber Members - \$20 - Bring a friend!***

***Lunch for Non-Members - \$25***

***Please make a reservation by contacting our secretary:***

***Mary Dilla - [secretary@bbwchamber.com](mailto:secretary@bbwchamber.com)***