



**Brentwood Baldwin Whitehall Chamber of Commerce  
General Membership Luncheon**

**February 7, 2019**

**South Hills Country Club**

4305 Brownsville Road  
Pittsburgh, PA 15227

**Registration starts at 11:30  
Lunch program will start promptly at noon**

**Workplace Wellness Summit**

Our panel of speakers will share tips and ideas on how you and your employees can work healthier and be more productive. From Yoga and Chiropractic Care, to the science of sitting & how to make your personal workspace healthier, to examples of a workplace wellness program in action, this summit will give all attendees ideas to make changes towards improving their own health as well as their employees.

**Speaker Panel:**

- Helen Hughes-Smith, Hot Dog Yoga
- Dr. Sean Hayes, Hayes Chiropractic
- Dr. Bethany Barone Gibbs, University of Pittsburgh
- Virginia Weida, Virginia Weida Designs
- Jerry Cool, Donnelly-Boland and Associates

Vendor table space is available to members at \$40 and \$60 to non-members. Space is limited!  
Please make your request to Mary Dilla before February 4th.

**Advance reservations requested**

Email Mary Dilla: [secretary@bbwchamber.com](mailto:secretary@bbwchamber.com)  
\$20 with reservation  
\$25 without reservation and non-members

**Next Chamber General Meeting  
March 7<sup>th</sup> @ South Hills Country Club**