

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



December 6, 2018

**The Georgetown Centre
526 East Bruceton Road
Pittsburgh, PA 15236**

Noon

Guest Speaker

David Russell, M.Ed.
Laughter Yoga

David Russell is a certified laughter yoga leader, promoting wellness and relaxation through compassionate laughter. It has been said that laughter is the best medicine! Sounds fun, right?

“Compassionate Laughter, based on Hasya (laughter) Yoga, offers a blend of enjoyable, tension-releasing, self-triggered laughter integrated with low-impact stretching and deep breathing to produce a calm state of relaxation. No jokes, (therefore no offensive material) puns or put-downs. Traditional yoga postures or calisthenics are used in the commission of this form of health-promoting exercise. You don't even need to be in a good mood, just be willing to laugh and share in some good old-fashioned merriment in a joke free zone.”

David Russell:

Advance reservations requested

Email Mary Dilla: secretary@bbwchamber.com

\$20 with reservation

\$25 without reservation and non-members

NEXT CHAMBER MEETING – BREAKFAST!

8AM,

Thursday, January 10, 2019

The Whitehall House

(Behind the John F. Slater Funeral Home)

The proposed bylaw amendments will be reviewed and voted on at this meeting.

Be a Holiday Helper!

This holiday season the chamber will be collecting gifts for area students in need from the Baldwin Whitehall and Brentwood School Districts. **Please bring an unwrapped gift to the December 6th chamber luncheon at the Georgetown Centre.** School District Social Workers will coordinate and deliver gifts to needy families in the two school districts.

Suggested gifts include:



- ❖ Clothing/Accessories
- ❖ Shoes/Boots
- ❖ Gloves/Mittens/Hats
- ❖ Toys/Books/Puzzles
- ❖ Gift Cards

If you would like to purchase a gift for an individual child, gift tags are available in all five Baldwin Whitehall School District buildings, as well as assistance from BWSO Central Administration Office.

Baldwin Whitehall School District
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