

Event

Chesterfield **young professionals**
Connect Emerge Lead

April 27th, 7:30 am
West County Family YMCA

Fit To Lead

Are you leading in the workplace? Could your health habits be holding you back?

Learn how proper nutrition and fitness will help you feel better, perform better, become more effective, and inspire others to follow your lead.

Learn from YMCA Registered Dietician Tina Bowen and AFAA Certified Personal Trainer Rocky Vercher on everyday principles that will help you "Lead from the inside out."

This Event is FREE to CYP Member
\$10 for Non-Members
To RSVP Call the Chamber at 636.532.3399 or
go online to www.chesterfieldmochamber.com



Sponsored by:



WEST COUNTY Family YMCA
a branch of the YMCA of Greater St. Louis

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Look for more great
upcoming CYP events
coming soon

Volunteer Opportunities
will be opening up for the
Summer Concert Series.