

The Chamber of Commerce Southwestern Madison County

Networking Luncheons – the 3rd Thursday of each month

Our monthly Networking Luncheons will each commemorate a special month, discussion on any business and/or community issues, and of course YOUR minute to promote your business.

And the \$25.00 Jack Pot

May is Mental Health Appreciation Month

Our May 17 Networking Luncheon will welcome

Emma Melvin, Director of Integrated Wellness for Chestnut Health System

Molly McVey, Licensed Social Worker & Certified Personal Trainer

PLUS

James Wallis, Chestnut Health Systems will also be joining us!

Our Presenters will be addressing YOUR Well-being and Self/Care

We need to remember a healthy state of mind fosters a positive self-image, which then encourages balanced relationships and sound decision-making skills. It is important how we handle our personal experiences, relationships, choices and attitudes because they each contribute to the person we are.

Location 2517 Nameoki Road, Granite City 11:30 – 1:00

Lunch \$10.00 for members - \$15.00 for others

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