The Annual Dinner is a beautiful event held at spectacular Longwood Gardens. This Chamber tradition celebrates the accomplishments of the Chamber over the past year as well as looks ahead to the future. Complete with expanded networking, dinner stations, and a fountain light show to end the night, this is truly an unforgettable evening. What also makes the Annual Dinner so special is the fact that the Chamber has the opportunity to acknowledge two high-level business professionals in Chester County through the CEO and the Citizen of the Year Awards.

We are proud to recognize Paul B. Redman, Director, Longwood Gardens as the 2012 CEO of the Year. This prominent award is given each year to a deserving business leader in Chester County. Under Paul Redman’s leadership, Longwood has diversified its programming and expanded its robust Garden Pass member program, resulting in increased repeat visitation and a 158% percent increase in Garden Pass membership. He has modernized the organization, establishing new marketing and guest services departments and investing in IT infrastructure and emerging technologies, including online learning for Longwood’s rigorous and respected educational programs. Redman has increased the Gardens’ recognition internationally through strategic global partnerships, memorandums of understanding, and exchange programs with public gardens around the world. Most recently, Redman led Longwood through immersive and ground-breaking strategic, facilities, and interpretive planning processes as well as a transformative re-branding of Longwood Gardens. Redman continues to establish Longwood as an integral part of the community and region through cooperative partnerships and initiatives.

The Chamber is also pleased to acknowledge State Senator Dominic Pileggi as the 2012 Citizen of the Year. The Citizen of the Year award is bestowed upon an individual who has demonstrated outstanding leadership in promoting Chester County and the Commonwealth of Pennsylvania.

Senator Dominic Pileggi was elected Majority Leader by his colleagues in November 2006, 2008 and again in 2010. He has represented the Ninth Senatorial District, which includes portions of Chester and Delaware Counties, since winning a special election in October 2002. As a leader in Pennsylvania government, Senator Pileggi also represents the state at the national level. Senator Pileggi’s duties as a Majority Leader include, determining legislative priorities, managing the Senate calendar, building consensus on legislation to be voted, and serving as one of the chief negotiators of the annual state budget. A staunch advocate of improving government accountability, Senator Pileggi led the effort to rewrite the state’s 50-year-old Open Records Law, making most government records open to citizens. He is also an involved community leader; Senator Pileggi continues to serve on a number of local boards and organizations throughout Chester County and the region.

Don’t miss this remarkable evening. Tickets, sponsorships, and program advertisements are on sale!

Proudly presented by:

Event Information:
Date: Wednesday, October 17, 2012
Time: 5:30pm – 9:00pm
Member Cost: $165.00  Non-Member Cost: $200.00
Click here to register

Sponsorship Information
This year, we have sponsorship opportunities at every level to promote your name and your business, target business professionals in Chester County, and show support for the Chamber. Click here for this year’s Sponsorship Opportunities.
From the President
From my desk to yours...

Election season is upon us! I am sure the postal system is happy for the uptick in mail as evidenced by the number of event invitations that arrive on my desk daily! I am amazed at how hard candidates work to get elected. They are out nightly at fundraising events and hitting the pavement daily going door to door to garner your vote. This should be a reminder of the very special privilege and honor we have to vote for those who we want to represent our interests. It is our duty to be knowledgeable about where the candidates stand on issues that are important to us. For those that are interested in who the Chamber is endorsing for the election, visit our website at www.cccbi.org and click on “chamber’s endorsed candidates.” Our decision was made after the receipt of a questionnaire and an interview with our Endorsement Committee. What is most important though, is our duty to vote come election day on November 6.

Our congratulations are extended to Commissioner Terence Farrell, who has been elected Chairman of the Delaware Valley Regional Planning Commission (DVRPC). The DVRPC is dedicated to uniting the region’s elected officials, planning professionals and the public with a common vision of making a great region even greater. As the world gets smaller with increasing technology advances, positioning ourselves as a region becomes more and more important.

From the US Chamber, small business owners’ concerns about the future, particularly on health care and taxes— are impacting their hiring, according to the U.S. Chamber’s fifth quarterly small business survey recently released. Only one in five small businesses (20%) expect to add employees in 2013, according to the poll of 1,225 small business owners, conducted by Harris Interactive. The majority of small businesses say they are likely to keep the same number of employees over the next year – meaning there is likely to be little change in overall unemployment figures. There is a bright spot in the survey, however. Small businesses’ outlook on their local economy has dramatically improved, with twice as many small business leaders saying the economy is headed in the right direction today compared to one year ago. In July 2011, 27% of small business owners reported that their local economy was headed in the right direction, compared to today.

Small business owners also show confidence in their own enterprises – nearly seven-out-of-ten (68%) say their business is headed in the right direction.

Until next month....Onward!
Upcoming Events

October

3 W  Business After Hours  
The Farmhouse at People's Light  5:30 pm — 7:30 pm
17 W  Annual Dinner 2012  
Longwood Gardens  5:30 pm — 9:00 pm
18 Th  New Member Orientation Lunch  
CCCBI Headquarters  12:00 pm — 1:00 pm
23 T  Made In Chester County (Part 4)  
Devault Foods, 7:30 am — 9:00 am
24 W  Business After Hours, Emerging Leaders  
Mas Mexicali Cantina  5:30 pm — 7:30 pm

November

1 Th  Joint Chamber Fall Mega-Mixer & Biz Expo  
American Helicopter Museum & Education Center  
5:00 pm — 8:00 pm

Click here for a full calendar of events

To register online go to www.cccbi.org

Questions? Please contact the Chamber at 610-725-9100.

Business Census to be Conducted

In November and December, more than 4 million American businesses, including 8,000 businesses in Chester County, will receive 2012 Economic Census forms. Responses to the questionnaire are required by law (Title 13, U.S. Code), to be returned by February 12, 2013.

Every 5 years, the Economic Census develops a comprehensive portrait of American business, from the national to the local level. Timely and accurate data are vital to effective public policy and important to our community.

Visit the Business Census Web page at business.census.gov to find out why it is important to respond to the census and how you can use the information available to you for your business planning.

<table>
<thead>
<tr>
<th>What businesses need to hear and when</th>
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<tr>
<td>Sept-Oct 2012</td>
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<td>Nov-Dec 2012</td>
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<td>Jan 2013</td>
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<td>Feb 2013</td>
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</table>
They are at it again. The Emerging Leaders Group (ELG) continues to make a bold statement throughout the region with their message of education, mentorship, and business development for all members and emerging leaders. This month, members of the Emerging Leaders Group will share their mix of leadership and networking skills at the Main Line Chamber’s Young Professionals networking event. This is not the first group that the Emerging Leaders Group will partner with in the coming days. They are looking to partner with the Greater West Chester Chamber and local non-profit organizations to provide members with opportunities to grow and build their business relationships. As they complete a full year of business and activities the Emerging Leaders Group plan to partner with local organizations and companies throughout the region to raise awareness of young rising and emerging professionals. If they maintain their current pace they hope to bring in 25 new members in 2013.

On October 24, 2012 Mas Mexicali Cantina located in the heart of West Chester’s Borough will host the next Emerging Leaders networking event which promises to be filled with great opportunities to learn more about the group and meet some of our future leaders. ELG has a great line up of events, programs, and activities planned for the closing and upcoming year so be sure to visit the event calendar and watch for the next ELG event posting. For more information contact James Logan at jlogan@cccbi.org.

The Emerging Leaders Group is a unique group within the Chamber that supports the connection and strength of Gen X and Gen Y leaders. We welcome all Chamber members and future members to each event for a unique program experience.

Mission Summary:
Emerging Leaders of Chester County is a professional development program aimed at providing its members with a greater view of the local business community. The mission of which is to promote the professional growth of young professionals and emerging leaders in Chester County. The program is designed to engage, educate and empower young and all professionals with supportive opportunities to becoming the future leaders of business in the Chester County region.
Chester County Magazine and Directory Sales Begin

In today’s competitive market, communities—like ours—compete for new dollars from visitors, individuals relocating, and companies interested in finding just the right place for their headquarters or satellite offices. They look for services, a diverse marketplace, high educational standards and amenities that set our community apart from the others they might be considering. That is why we are proud to announce that the next issue of Chester County Magazine is underway! This plays a major part in our marketing strategy and the “face” we want to show our membership and the outside world.

Marketing our community is vital to competing, and our message must find its way to the right target audience. With over 5,000 targeted print recipients and a world class web presence, we are confident we have delivered the right formula for bringing more stability and vitality to the business and living community that is our home.

We encourage you to become a part of Chester County Magazine and begin to maximize the cornerstone of our marketing message. Jennifer Wilson from our publishing partner and member, SouthComm, will call on you soon to determine your marketing needs. To be one of the first to learn about this opportunity or to secure a prime location, please contact Jennifer today at jwilson@southcomm.com and set up an appointment so you can be ahead of your competition.

A national study indicated that membership in a local chamber of commerce can significantly boost a business’s image among consumers. Why not find a way to market your business while helping the Chamber… it’s a win win!

The Stage is set for fall Business After Hours

This week we kick-off our first fall Business After Hours networking event at The Farmhouse (Peoples Light & Theatre) in Malvern, PA. Set amongst the award-winning Bachman Gardens of The People’s Light & Theatre Company, The Farmhouse is a premiere venue in Chester County and an exceptional stage for our next networking event. The restored 18th century farmhouse boasts a beautifully appointed ballroom with a private tented terrace and spacious landscaped surroundings offering the perfect setting for any occasion. Join us as we are greeted by Betsy Iovino, Director of Sales and Catering for an evening of light fare, entertainment, and some interesting cast members not listed on the playbill. We will also welcome our newest members to the chamber that recently joined during our Annual Membership Campaign.

Stay tuned for our November 1, 2012 Business After Hours Mega Mixer at the Helicopter Museum. Join up to eight regional chambers, exhibitors, museum displays and plenty of networking. Bring friends and business colleagues to this annual Mega Mixer.

To register for upcoming Business After Hours events visit our news & events calendar at www.cccbi.org or contact us 610.725.9100
Nine Local Chambers Team Up on a Business Networking Event

The Chester County Chamber is proud to join forces with the 8 other local Chambers in a networking event for business professionals throughout the county. On Thursday, November 1st the Chamber Alliance of Chester County will host the Annual Multi-Chamber Mega Mixer and Expo at the American Helicopter Museum.

Each chamber is only allotted 9 Exhibitor tables which are reserved on a first come first serve basis. The cost of a table is just $125.00 ($10.00 additional linen fee if requested.) If you would like electric at your table, the cost is $150.00. There will be no charge to attend but we do ask for advance reservations so that we can properly prepare for the event.

To reserve a table, call the Chester County Chamber as soon as possible! Very limited space available.

To attend this free networking event, register online or by contacting Danielle Vetter.

The Chamber Alliance of Chester County consists of the following partnering chambers:

Chester County Chamber of Business & Industry
Downingtown-Thorndale Area Chamber of Commerce
Exton Region Chamber of Commerce
Great Valley Regional Chamber of Commerce

Chamber of Commerce of Greater West Chester
Oxford Area Chamber of Commerce
Phoenixville Regional Chamber of Commerce
Southern Chester County Chamber of Commerce
Western Chester County Chamber of Commerce

Building Industry Shared Interest Group Resumes in October

An advisory group for our Building Industry Shared Interest Group (SIG), chaired by Steve Kirschner, Advanced GeoServices, will relaunch on October 25, at 7:30 a.m. here at the Chamber. The Building Industry SIG meets every other month and brings together those businesses directly affiliated with the building industry to discuss issues, trends and to network. You must be a member to participate and be directly related to the building industry to attend these meetings.

An annual schedule of topics and speakers will be announced at the October meeting. Members will receive an email invitation to attend. Assisting Kirschner on the Building Industry SIG advisory group are:

Bryan Brockson
EDIS Construction
Steve Krumenacker
MacIntosh Engineering
Richard S. Lee
Mr. Handyman of the Western Main
William Ronayne
Brandywine Valley Heating & Air Conditioning
Paul Sgroi
Bernardon Haber Holloway Architects, PC

SMALL BUSINESS WEBINAR

Where is the economy headed and how will it affect your business?

Economic Update
Thursday, October 25th from 12:00pm - 1:15pm

Please join us!
You’re invited to a webinar covering an Economic Update and its potential impact on small business owners.

Keynote Speaker:
Luke Tilley
Regional Economic Advisor
Federal Reserve Bank of Philadelphia

To learn more or register, please visit:
ListeningIsJustTheBeginning.com

Fulton Bank
LISTENING IS JUST THE BEGINNING.
Fulton Bank, N.A. Member FDIC. Member of the Fulton Financial Family.
Meet the Candidates

Endorsed candidates for State Office join Chamber officials at the “Meet the Candidates” event held at the General Warren Inne in September.

VIP Kick-Off At the Hotel Warner

September’s VIP Kick-Off At the NEW Hotel Warner attracted over 100 members and future chamber members.

VIP Open House Luncheon

Chamber VIP’s networking at one of our three Open House Luncheons.

The General Warren Inne hosts the outdoor Meet the Candidates Reception on a beautiful September evening.

Chairman of the Board of Directors, Michael DeHaven, Rainer & Company, welcomes the Meet the Candidates attendees.
At the September meeting of the Board of Directors, Treasurer Ken Goddu, Fulton Bank, presented the operating budget for the Chamber for 2012-2013. In his presentation he noted that this is an aggressive, but attainable budget, based on the history of the chamber’s ability to streamline its expenses while monitoring the revenues very closely. The board approved a budget of $826,000 for the year.

The main features of the budget rely on 49% of the funding coming from memberships and 51% coming from non-dues income. It represents a goal of 82% retention, and a slight increase in revenues from all of our committee’s projects and special events.

It is anticipated that a new contract position will be developed to help better communicate the chamber’s role in advocacy and that a few new events will be featured in the next year. “All of the items in the budget tie into a business plan for the organization that is generated by our members who are actively involved in committees and task forces” noted, Chamber President & CEO, Nancy Keefer.

The Chamber’s new year starts on October 1, 2012.
What better way to tell everyone in the community that you support the mission and work of the Chester County Chamber than to commit to an annual sponsorship package. As we start our new fiscal year, part of our planning process is to offer all of our members, big and small, annual sponsorship packages. Careful thought and consideration go into developing these packages. We also leave lots of room for customizing the package to your individual wants, needs and budgetary requirements.

Annual packages allow you to brand your business with the Chamber. At the same time, they allow for better budgeting for you. Once you pick a package that is customized for your needs, you are done for the year. No more wondering what events to attend or how best to get your name associated with our signature events. It is done and we take care of the rest.

Our packages are developed to highlight one of the three pillars of our chamber. You can choose to have your business associated with our Advocacy, Connections or Knowledge pillar of work. There are also opportunities to support our Foundation.

New this year is the “Signature Gold Card”. The Gold Card allows you to purchase tickets, in advance to our signature events at a discounted price. Wouldn’t it be impressive to bring a client to one of our premier events? And even better if you purchased those tickets at a discount?

All of our packages are designed to highlight your business and get your name in front of lots of people. Some packages even offer the opportunity to address the membership at certain events.

This is an opportunity you don’t want to miss. Our annual sponsorship packages have increased in popularity over the years. Both large, medium and small businesses and organizations are reaping the benefits and coming back year after year.

Why not join them? Please call Nancy Keefer or Marianne Martelli at 610-725-9100 to set up a meeting to discuss your individual package.
## Welcoming the Chamber’s Newest Members

### Members Joined Between August 31, 2012– September 27, 2012

<table>
<thead>
<tr>
<th>Art &amp; Architecture</th>
<th>Geeks On Call</th>
<th>PFM Visioneering</th>
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<tbody>
<tr>
<td>Susan Salvo</td>
<td>Mr. Guy Dunn</td>
<td>Bruce Kirk</td>
</tr>
<tr>
<td>(484) 880-8023</td>
<td>(800) 905-4335 Ext:2390</td>
<td>(610) 563-6683</td>
</tr>
<tr>
<td>ASG Security</td>
<td>Genuine Healthcare Resources</td>
<td>Practical Energy Solutions</td>
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<tr>
<td>Jim Conroy</td>
<td>Linda M. Railean</td>
<td>Jeffrey Byrne</td>
</tr>
<tr>
<td>(610) 999-9100</td>
<td>(610) 429-1200</td>
<td>(610) 430-1382 Ext:301</td>
</tr>
<tr>
<td>Bennys Pizzeria</td>
<td>JulieShopaBookkeepingEtc LLC</td>
<td>RJP Consulting Group</td>
</tr>
<tr>
<td>Sal Inzono</td>
<td>Julie Shopa</td>
<td>Robert Peppelman</td>
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<tr>
<td>(610) 696-0754</td>
<td>(484) 593-4050</td>
<td>(610) 518-2930</td>
</tr>
<tr>
<td>Boomerang, USA, Inc</td>
<td>Karr Barth Private Client Group, LLC</td>
<td>Sciecinski Wealth Management LLC</td>
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<tr>
<td>Duane Lucas</td>
<td>Kevin Powers</td>
<td>Frank Sciecinski</td>
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<tr>
<td>(856) 582-0100</td>
<td>(610) 914-1726</td>
<td>(484) 315-8239</td>
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<tr>
<td>Bozekon</td>
<td>Kim Razzano Luxury Homes</td>
<td>SMS Valuation &amp; Financial Forensics. LLC</td>
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<tr>
<td>Chris Garrity</td>
<td>Kimberly Razzano</td>
<td>Ms. Susan Saidens, CPA, ABV, ASA, CVA, CFE</td>
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<tr>
<td>(610) 293-2200</td>
<td>(610) 742-4259</td>
<td>(484) 875-3068</td>
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<tr>
<td>Catalyst Outdoor</td>
<td>Leading Results</td>
<td>Specialty Medical Products</td>
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<tr>
<td>Crystal Crawford</td>
<td>Laura Lorenz</td>
<td>Audrey Ellis</td>
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<tr>
<td>(610) 975-9390</td>
<td>(484) 313-4646</td>
<td>(610) 644-1370</td>
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<tr>
<td>Clear Perceptions</td>
<td>LegalShield/Go Small Biz</td>
<td>State Farm Insurance</td>
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<tr>
<td>John Balson</td>
<td>Gwennyth Lewis</td>
<td>Harry T. Bitzberger</td>
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<tr>
<td>(610) 608-0516</td>
<td>(610) 380-1318</td>
<td>(610) 430-1212</td>
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<tr>
<td>Common Sense Organizing</td>
<td>Long and Foster, Inc.</td>
<td>Take Shape for Life</td>
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<tr>
<td>Jackie Mangasarian</td>
<td>Benjamin Rich</td>
<td>Jodi Sensenig</td>
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<tr>
<td>(610) 574-6484</td>
<td>(484) 356-6491</td>
<td>(610) 608-1240</td>
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<td>Construct Management, Inc</td>
<td>Malvern Flowers &amp; Gifts</td>
<td>Tate’s Wellness Co.</td>
</tr>
<tr>
<td>Chip McAteer</td>
<td>Evelyn Klein</td>
<td>Jackie Tate</td>
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<tr>
<td>(610) 889-1100</td>
<td>(610) 647-9311</td>
<td>(484) 576-7690</td>
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<td>Del Vacchio Landscape and Garden</td>
<td>McCormicks Karate</td>
<td>The Center for Advancement of Positive Leadership</td>
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<td>Vincent Del Vacchio</td>
<td>Ted Way</td>
<td>Theresa E. Hoffman</td>
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<tr>
<td>(610) 692-2422</td>
<td>(610) 399-9200</td>
<td>(484) 716-0858</td>
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<tr>
<td>Donna Saul, LLC</td>
<td>MiWare Corporation LLC</td>
<td>Trinity Advisors Group</td>
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<tr>
<td>Donna Saul</td>
<td>Nicholas K. Porrini</td>
<td>Michael McCabe</td>
</tr>
<tr>
<td>(610) 889-0626</td>
<td>(610) 564-3994</td>
<td>(610) 344-9300</td>
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<td>Dynamic-Product-Specialist-LLC</td>
<td>MORGAN STANLEY</td>
<td>United Energy Products, Inc.</td>
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<tr>
<td>Barry Matus</td>
<td>James Beltz</td>
<td>Josh Rossman</td>
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<tr>
<td>(484) 459-2140</td>
<td>(610) 430-1052</td>
<td>(610) 380-6127</td>
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<tr>
<td>Four Seasons Book Publishers</td>
<td>New York Life Insurance Company</td>
<td>Wooters Dog Training</td>
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<td>Red Hamer</td>
<td>Linda Herron</td>
<td>Vicki C. Wooters</td>
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<tr>
<td>(610) 489-7053</td>
<td>(610) 719-3826</td>
<td>(610) 296-1173</td>
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<tr>
<td>Freedom Massage</td>
<td>Park Lane at Bellingham</td>
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<tr>
<td>Diane Matkowski</td>
<td>Carolyn F. Schroff</td>
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<tr>
<td>(610) 644-9003</td>
<td>(484) 653-4417</td>
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**PAC Board Distributes Funds**

The Chamber’s Political Action Committee (PAC) recently distributed $24,000 to candidates running for State office. This follows the official endorsements made by the Chamber Board for the upcoming election.

Chaired by Robert Adams, Esq., Gawthrop Greenwood, PC, the PAC Board reviewed each of the races and decided to fund just a few key races that are anticipated to be tight races in November. Candidates receiving funding were, Becky Corbin (155th District), Warren Kampf (157th District), John Lawrence (13th District) and Dan Truit (156th District). Adams noted that “we believe our support of these business friendly candidates sends a message that we want individuals in office that will work hard on issues that will positively impact our business environment”.

“All funding for the PAC is voluntary and is raised at a few targeted events each year and is largely supported by the Chamber’s Board,” noted Chairman of the Board, Mike DeHaven, Rainer & Company CPA’s. He added that “our board and PAC supporters understand the importance of supporting our tag line as the Chamber of Influence, and believe in the process developed to endorse and fund candidates.”

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**Welcome New Board Members**

Beginning in October, the Chamber will welcome seven new members to its Board of Directors. Accepted by the membership and ratified by the board we are pleased to welcome the following:

Sassan Hejazi, Kreischer Miller, Michael Fill, Aqua, Dennis Fisher, Longwood Gardens, Scott Kerr, Buckley, Brion, McGuire, Morris & Sommer LLP, Stacey Martin, The Hankin Group, Mark Pavlovich, West Chester University, Greg Thomas, Endo Pharmaceuticals.

We are very excited to have this great group of individuals join our leadership team, stated Chairman of the Board, Michael DeHaven, Rainer & Company CPA’s. He added, “we believe they will each bring a great deal of community knowledge, vision and commitment to our board.”

---

**Let us Pay you Back**

That’s right! Pay your annual investment prior to the due date and you will be entered into a drawing to win $100 in Chamber dollars to be used within the year for any program, event, sponsorship or advertisement. You will automatically be entered into the drawing when we receive your renewal payment in advance of the due date (we just love those members!). We will also recognize our monthly winners in our e-brief publication giving your company added exposure to our membership.

The Winner for September is: Thomas S. Myers Jr. Attorney at Law
Stop Obesity in its Tracks

Obesity in America has become an epidemic that continues to grow and kill. Nearly twenty-nine percent of Pennsylvanians were considered obese in 2011. Many illnesses, such as diabetes, high blood pressure, high cholesterol, heart disease, certain types of cancer, stroke, osteoarthritis and sleep apnea, can be linked directly to obesity.

Childhood overweight and obesity has more than tripled in the past three decades. Among children and adolescents ages 2-19, approximately 17% are obese. They are also more likely to suffer from low self-esteem and depression than their peers of a healthy weight. Research shows that these increased risks may shorten a child’s life expectancy by up to five years.

Many adults fail to recognize that they are obese or that their children are obese. In order to tackle the issue, we must understand the threshold for overweight and obesity. The CDC defines being overweight as having a Body Mass Index (BMI) of 25 – 29.9 and being obese as having a BMI of 30 or greater.

For an adult, it is easy to check BMI using an online calculator or with the following formula:

\[
\text{BMI} = \left(\frac{\text{Weight in pounds}}{\text{Height in inches}^2}\right) \times 703
\]

To account for differences in body fat between boys and girls at various ages, calculating a child’s BMI requires plotting the measurements on a standard growth chart rather than using a universal range. Your pediatrician should measure BMI at each well visit, beginning when your child is two years old.

Learning your BMI is a good first step in your plan to become healthier and fitter. Talk with your health care provider about setting an appropriate goal and how to best reach that goal.

For many, a combination of exercise and healthy diet is the best way to lose weight. Neither of those things sound fun to most of us, so finding a plan you can stick with is important. In our busy lives, time is a precious commodity. You may wonder where you will find the time to work out or prepare healthier meals. Recognize that your health is just as important, if not more, than anything else you do in your day. Carving out 30 minutes a day to devote to your well-being is not selfish, even if it temporarily takes you away from work, personal hobbies and interests, or time with your family. If you don’t do something about it now, poor health will eventually render you unable to enjoy the other people and interests in your life.

Enlist the help of family, friends or professionals. Having their support can make it easier to keep your goals a priority. Your family and friends can help you throw away junk food and encourage you to skip the calorie-laden meal out in favor of healthy backyard barbecue or picnic. Hire a personal trainer to help you get the most out of your workouts, or join a group fitness class to meet like-minded friends and have fun!

A structured weight loss or wellness program may help you focus and remain accountable. When considering a program, look carefully at its claims and credentials. The hard truth is that there is no quick fix. The good news is that there are many immediate effects to be had from eating right and exercising: reduced stress, increased energy and better sleep, to name a few.

Redefine the terms “diet” and “exercise” to make them work for you. Healthy eating doesn’t have to mean celery and carrot sticks alone. Visit a farmers’ market or specialty food store to get inspired to try new foods. Exercising doesn’t have to mean running five miles around your neighborhood. It can involve group sports, swimming, dance, bicycling and many other activities. Keep trying new things until you find what works for you!

For help reaching your goals, visit acac Fitness & Wellness Center. If you are brand new to exercise, acac’s Physician Referred Exercise Program (p.r.e.p.) is a low-cost, 60-day program that can jumpstart healthy habits. Two 30-minute sessions a week supervised by our nurse or exercise physiologists can get you started on the right path. For more information, call (610) 431-7000 or visit acac.com.
Meet Your Board

**Officers**
Chairperson of the Board **Michael DeHaven, CPA**
Rainer & Company, Certified Public Accountants

Chairperson Elect, **Joel Frank**, Esq.
Lamb McErlane, PC

First Vice-Chairperson, **Timmy T. Nelson**, UPS

Treasurer, **Ken Goddu**, Fulton Bank

Immediate Past Chairperson, **Brian DiSabatino**
EDIS Construction

Foundation Chairperson, **Joe Viscuso, PE, LS**
Pennoni Associates, Inc.

**Vice Chairpersons**
Business Development Division
**Kristen LaDow**, M&T Bank

Membership Development Division
**Kevin Morgan**, Blue Moon Florist

Public Policy Division
**Timmy T. Nelson**, UPS

Special Events Division
**Louis Kupperman, Esq.**, Obermayer Rebmann Maxwell & Hippel, LLP

Strategic Planning Division
**Bill Beiknap**, aEoNRG, LLC

**Directors**

**Theodore J. DelGaizzo**, MLEA, Inc.
**Michael Fili**, Aqua
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