

## Start Your Day Off Right...

**Mix, Mingle & Introduce Yourself All While Enjoying Breakfast!**

Join the **Harrisburg Regional Chamber & CREDC** for any of our **2011 Sunrise Exchanges**.  
Great for salespeople, small business owners and anyone looking to gain exposure  
and gain valuable information!

**January 26:** Marsha Davis presents  
"Adapting to Change in Your Life"

*Chamber/CREDC Offices (3211 N. Front St., Suite 201, Harrisburg)*

**February 8:** Lynn Burkholder of RLB Marketing, LLC presents  
"Strategic Marketing Plan-No Business Should Be Without One"  
*Holiday Inn Harrisburg East (4751 Lindle Road, Harrisburg)*

**April 27:** Todd Frankford of ActionCoach presents  
"Why 99% May Not Be Enough, but 1% is Amazing!"  
*Radisson Hotel Harrisburg Hershey (1150 Camp Hill Bypass, Camp Hill)*

**May 4:** Karen Young of HR Resolutions, LLC presents  
"Top HR Issues of the Day"  
*Chamber/CREDC Offices (3211 N. Front St., Suite 201, Harrisburg)*

**June 1:** Dave Romeo of Primary Seminars & Coaching presents  
"Focus, Follow-up and Follow Through"  
*Chamber/CREDC Offices (3211 N. Front St., Suite 201, Harrisburg)*

**August 11:** Adam Quinn of VQC Designs, LLC presents  
"Social Media Success: A Business's Prospective"  
*Commonwealth Caterers, Inc. -Spring Garden Reception & Conference Center  
(901 Spring Garden Drive, Middletown)*

**September 8:** Mike True of Messiah College presents  
"Smart Move: Developing A Quality Internship Program"  
*Chamber/CREDC Offices (3211 N. Front St., Suite 201, Harrisburg)*

**October 11:** Tony Lardarello of Sandler Training/Staub & Assoc. presents  
"Why Sales People Fail and What You Can Do About It"  
*Giant Food Stores, LLC (3301 Trindle Road, Camp Hill)*

**Time:**  
7:30a.m. to 9:00a.m.

**Cost to attend:**  
\$15 for members  
\$30 for prospective members

To register or for more information, please visit [www.HarrisburgRegionalChamber.org](http://www.HarrisburgRegionalChamber.org) or call 717.232.4099.

