

ALL NEW Healthy Living/Healthy Business EXPO on October 17

Melinda Flynn of Coldwell Banker Real Estate has been working away to offer our members and community the best ever Business Expo. The Business Toolbox expertEXPO Team of the Manhattan Beach Chamber of Commerce invites you to attend "Healthy Living/Healthy Business EXPO" on October 17, 4 to 7:30 p.m. Come and meet and mingle with local Manhattan Beach Chamber businesses! This FREE event will be held near Metlox Plaza at 13th Street (Farmer's Market location), and a portion of the proceeds will go to support Breast Cancer Awareness & Research in support of Breast Cancer Awareness month. The event is dedicated to showcasing Manhattan Beach Chamber businesses while educating attendees and business owners about healthy choices for eating, cooking, and overall lifestyle. Remember that if you are healthy, your business will be healthy as well.



Melinda Flynn

The healthy options-themed Business Expo will feature a variety of businesses from insurance, lenders, event planning, Beach Cities Health District, massage, restaurants, real estate, retail and that's just the beginning!

Local restaurants and grocers are sponsoring healthy food booths, including our top sponsor, Whole Foods Market, El Segundo. These vendors will provide healthy topics ranging from: why/what makes foods healthy, how to purchase

healthy foods/beverages, healthy ways to prep foods including cutting, cooking temperature, cookware/utensils, and food preparation time savers. Other sponsors include Citizens Business Bank, Manhattan Beach, and The Manhattan Sun. Vendor sponsors will provide food/drink samples for event attendees. There will also be a wonderful variety of other vendors offering services and information.

Please join us for "Healthy Living/ Healthy Business EXPO" and meet your local Manhattan Beach Chamber businesses, learn new ways to be healthy, and contribute to a good cause. There will also be a silent auction, and pink bracelets will be for sale to support Breast Cancer Awareness.

**Sign up now
for sponsorship opportunities
and exhibit space**

Sponsors, to date, include, Whole Foods Market, El Segundo; Citizens Business Bank, Manhattan Beach; and The Manhattan Sun, a new community newspaper appearing locally in September. If you are a business interested in a sponsorship, or you wish to sign up for an exhibit booth; or if you would like to contribute door prizes/auction items, register online at www.ManhattanBeachChamber.net. You can also call the Chamber at 310-545-5313.