



# Lunch and Learn Seminar

***Back by popular demand!***

## **What You Don't Know **Can** Hurt You!**

***Panel Discussion:***

***Victor Cardwell, Labor & Employment Attorney, Woods Rogers PLC***

***Cheryl Nester, Financial & Business Management Consultant, HistorConsulting, Inc.***

***Mary Jo Boone, Executive Director/CEO, Bedford Area Family YMCA***

***Marietta Salyer, Regional Business & Economic Development Specialist, Virginia  
Employment Commission***

***Attention all small business owners and non-profit executives!***

***This panel discussion will provide the answers to all of your HR and Business questions and provide you with a better understanding of the regulations and resources you need to be aware of.***

**Date: Wednesday, August 11, 2010**

**Time: 11:30 am – 1:30 pm**

**Place: Bentley Commons**

**1604 Graves Mill Road, Lynchburg**

**Cost: \$15.00 - Chamber Members**

**\$20.00 for Guests**

**Cost includes lunch.**

**Please register by calling the Bedford Area Chamber of Commerce at  
540-586-9401 by August 6.**