



Join us for
the next

BFNC
*Mommy
Matters*

Table Talk

SELF CARE SESSIONS FOR MOMS

COME AND ENJOY:
Informative conversation
& light refreshments

JULY 16 • 6-7:30 PM
BFNC: 2365 MAIN STREET
(Attend in person or watch via Zoom)

TAPPING INTO YOUR NETWORK (YOU DON'T HAVE TO DO IT ALONE)



LaTashia Martin is a strategic advisor, speaker, and founder of VonSwy Solutions, where she helps leaders and organizations align people, processes, and technology for sustainable growth. With more than 25 years of experience in organizational development, change management, and leadership strategy, she is known for turning complexity into clear action plans that drive results. LaTashia considers her most cherished roles to be wife of 29 years and mother of three adult children.

In-Person Registration Link:

<https://www.zeffy.com/en-US/ticketing/mommy-matters-tapping-into-your-network-you-dont-have-to-do-it-all-alone>

Interested in attending virtually via Zoom?

https://us06web.zoom.us/meeting/register/icN41wP2R_aUx0HftSCS7Q



For more information call (716) 852-5065

