

*The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.*

## Who We Are:

### An Official Express Network of the ABWA

On June 14, 2006, the Lancaster Area Express Network (LAEN) became the first American Business Women's Association (ABWA) Express Network in Pennsylvania. Thirty-five dedicated Lancaster County professionals and their associates led the charge to make ABWA history. We are united by a common purpose - to support each other in professional growth and career advancement. Since our inception, we have provided numerous business-related educational and motivational speakers and successful networking events. We are proud of our ABWA history and accomplishments, both nationally and locally, that promote the rich heritage and mission that ABWA founded in 1949.

Succeeding in business today is all about how you use your most valuable resource - your time. The Lancaster Area Express Network can help you make the most of every minute. Meeting formats allow professional women to focus on networking opportunities and education. Come join us... You'll be glad you did!

August 2016-July 2017

## Board Contact Information

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Connect, Learn, and  
Grow with  
America's Leading  
Career-Building  
Organization for  
Women



[www.laen-abwa.org](http://www.laen-abwa.org)

## What's In It For Me?

If you're driven and determined in your vision to succeed, the ABWA Lancaster Express Network (LAEN) membership is for you. With a LAEN membership, you gain access to women just like you ~ savvy, ambitious women who share your values and drive ~ coming together to share their experiences and strategies.

The Lancaster Area Express Network currently has more than 70 members: entrepreneurs, business owners, small business employees, large corporate employees, and many others. We are professional women helping each other grow personally and professionally.

## We Respect Your Time

Joining LAEN is one of the most valuable and efficient uses of your time. LAEN's meetings are held over breakfast ~ offering you flexibility in your schedule. We design meetings to deliver beneficial, practical information you'll need to accelerate your professional goals!

**Monthly Meetings:**  
3<sup>rd</sup> Wednesday of each month  
7:15-9:00 AM

## Where:

Lancaster Country Club  
1466 New Holland Pike  
Lancaster PA 17601

## What to Expect:

Each meeting includes time to network, a guest speaker and breakfast.

**join today**

TO CONNECT,  
LEARN AND GROW  
TOGETHER WITH  
ABWA

## Intentional Living

18 January 2017

A Mini-Conference Experience

15 February 2017

Hilda Shirk, President & CEO  
Southeast Lancaster Health Services

15 March 2017

Kendren Crosby, President  
Work Wisdom, LLC

19 April 2017

Deb Brandt, Creative Director/Owner  
Fig Magazine

17 May 2017

LAEN Elections  
Nicole Lewis-Keeber, Coach

21 June 2017

Lisa Riggs, President  
Economic Development Co. Lancaster Co.

19 July 2017

Amy Malay, Speaker  
John Maxwell Team

16 August 2017

Officer Installation  
Social Media Networking

20 September 2017

Sally Meints Winchell, Director  
Bright Side Opportunity Center

18 October 2017

Patti Spencer, Owner  
Spencer Law Firm, LLC

15 November 2017

Joan Espenshade, Founder  
Power Packs Projects

20 December 2017

Wrap Them in Warmth

*Cost for Monthly Breakfast Meetings:*

*\$20 for members*

*\$30 for non-members*

*Lancaster Area Express Network*

*Annual Dues: National: \$115*

*Local: \$25*

Register for meetings: [www.laen-abwa.org](http://www.laen-abwa.org)  
by noon on the Monday before the meeting.

Payment by PayPal and/or Credit Card  
or

Register to pay at the door with cash or check