

A Message from Our Chair January 2024

The new year is a time for new beginnings and renewed commitments. We see that every year in our facilities as people start, restart or continue their health-seeking journeys. For me, it's also a time to plan for the year, consider my goals and how I will achieve them.

The [YPN Conference Chapter 23 Conference](#) has been a significant part of my personal growth—and a tool in helping me achieve goals—for many years. I hope you will save the date and plan to join me March 20-22 at YMCA Blue Ridge Assembly for the conference. The conference provides the opportunity to grow personally within the Y profession and to network with people at all levels and stages of their careers.

While some of the specifics are still being finalized, the conference will provide an opportunity to get know your NC and SC peers at the start of the conference. Peer communities will include membership, marketing, youth development, aquatics, fitness and group exercise, community integrated health, HR, finance, senior leaders and CEOs. I have found time with my peers to be invaluable; and while being connected on Zoom is a great way to share and learn from each other, there's nothing like being together in person to connect and strengthen relationships at a deeper level.

In addition to the peer meetings, the conference will feature a keynote session, social time and numerous PODs – educational sessions designed to help you further your personal development. You will be able to choose three PODs to attend, with sessions such as meeting facilitation, building compelling resumes, women in leadership, Y retirement planning, and developing a personal board of directors.

Later this month, registration will open for the conference; be on the lookout for that. In the meantime, plan now to carve out this time on your calendar for your personal and professional development. I look forward to seeing you on the mountain.

Lynn Lomax,
CEO, YMCA of High Point
Chair, NC Alliance Board of Directors