

## Calendar of Events

---

May 2, 2025

### **2025 Trailblazer Award Luncheon**

**The Trolley Room at Forest Park Visitor Center**

**5595 Grand Drive**

**St. Louis, MO 63112**

**11:30 AM - 01:00 PM CST**

*This event is open to Forum members and prospective members.*

#### *Ticket Information*

*Members: \$50.00*

*Guests \$60.00*

*Event description goes here.*

*Registration Begins: 5:00 pm*

*Speaker/Meal Begins: 5:30 pm*

*Event Concludes: 7:00 pm*

#### *Important Notes*

*if there are any particular things about the event that people should know (This event requires physical activity; The entertainment for this event includes flashing lights/strobes.)*

*Registration will close on one week prior to the event. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact [admin@stlforum.org](mailto:admin@stlforum.org).*

April 3, 2025

**It's Not Too Late! Becoming Your Best Investment (Prospective Members Welcome)**

**The Highlands Golf and Tennis Center**

**5163 Clayton Ave**

**St. Louis, MO 63110**

11:30 AM - 01:30 PM CST

*This event is open to Forum members and prospective members.*

*Ticket Information*

*Members: \$50.00*

*Guests \$60.00*

*Program Description*

*Women are the caregivers of the world.*

*Whether at work, home, or in business, women have mastered the art of prioritizing everyone else. But, what do you do when you have little-to-nothing left to give? How do you feel when your name doesn't appear anywhere on your own to do list? How do you decide what's best for you and your future when you never make time to find out?*

*In this talk, Bernie Frazier, SPHR will share four simple yet powerful principles to help you begin to prioritize what's really important in your life. By reshaping your priorities and habits, you can begin to show up at your best for others and for you.*

*Click here to learn more about the program and to register.*

*Registration will close on one week prior to the event. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact [admin@stlforum.org](mailto:admin@stlforum.org).*

April 18, 2025

**Breakfast at Momo Coffee Champagne Kitchen (New Members Only)**

**MoMo Coffee Champagne Kitchen**

**9500 Manchester Rd**

**Rock Hill, MO 63119**

08:30 AM - 09:45 AM CST

Wendy Edelstein,

[wendy@changeovercoaching.com](mailto:wendy@changeovercoaching.com)

*This event is open to members who joined Forum in 2024 and their nominators.*

*Introducing a new recurring event: Every third Friday new members are invited to Momo Coffee Champagne Kitchen at 8:30 a.m. for an opportunity to get to know each other. We will provide ice breakers to get the conversation rolling. Registration is limited to 10 members. Please only sign up if you can definitely attend. Members will order and pay for their own meals.*

*Questions? Contact Wendy Edelstein [wendy@changeovercoaching.com](mailto:wendy@changeovercoaching.com)*

*Location*

*MoMo Coffee Champagne Kitchen*

*9500 Manchester Rd, Rock Hill, MO 63119*

May 6, 2025

**Exploring For-Profit and Nonprofit Boards (Prospective Members Welcome)**

**World Trade Center St. Louis**

**120 South Central**

**Clayton, MO 63105**

**05:00 PM - 07:00 PM CST**

*This event is open to Forum members and prospective members.*

*Ticket Information*

*Members: \$40.00*

*Guests \$50.00*

*Program Description*

*Join us for an engaging panel discussion on “Exploring For-Profit and Nonprofit Boards.” Examine the key differences between these two types of board service and what makes each uniquely rewarding.*

*Panelists, Anna Crosslin and Betsy Cohen, will delve into the criteria for service on each type of board, highlighting skills, responsibilities, and governance practices that are critical in each space.*

*While for-profit boards often emphasize financial performance and shareholder value, nonprofit boards focus on mission-driven outcomes and community impact. For-profit boards can include service in public and private companies.*

*Nonprofit boards can be an excellent steppingstone to gain experience, network, and contribute to meaningful causes, offering their own deep sense of satisfaction. Among other engagement opportunities, attendees will learn about BoardBridge, a matching program through FOCUS STL, which helps individuals connect with nonprofit boards.*

*Participants will be encouraged to share their own experiences, fostering a collaborative and insightful discussion on the pathways and opportunities in board service.*

*Refreshments will be provided. Street parking will be available.*

*Click [here](#) to learn more about our panelists and to register.*

*Registration will close on one week prior to the event. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact [admin@stlforum.org](mailto:admin@stlforum.org).*

June 17, 2025

**The Dementia Dilemma: Managing Career, Caregiving, and Self-Preservation  
Coming Soon**

11:00 AM - 01:00 PM CST

*This event is open to Forum members and prospective members.*

*Ticket Information*

*Members: \$40.00*

*Guests \$50.00*

*Registration will close on one week prior to the event. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact [admin@stlforum.org](mailto:admin@stlforum.org).*

August 15, 2025

**Quarterly Trailblazer Lunch (Members Only)**

**To be announced**

11:30 AM - 01:00 PM CST

*This event is open to Forum members.*

*Ticket Information*

*Members: \$50.00*

*Please join us for a quarterly networking luncheon with our Trailblazers. You'll have the opportunity to connect with other members and get to know and learn from our Trailblazer Award winners. Location to be announced.*

*Registration will close at midnight on Sunday, February 10th. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact [admin@stlforum.org](mailto:admin@stlforum.org).*

August 15, 2025

**Annual Meeting and Lunch**

**To be announced**

11:00 AM - 01:30 PM CST

*Save the date for St. Louis Forum's Annual Meeting! This year we'll review the 2024-25 fiscal year, share what to expect in 2025-26, and will hold board member elections over lunch with plenty of time for networking and socializing. More information on the location to follow.*

November 14, 2025

**Quarterly Trailblazer Lunch (Members Only)**

**Panorama at the Saint Louis Art Museum**

**1 Fine Arts Drive**

**St. Louis, MO 63110**

**11:30 AM - 01:00 PM CST**

*This event is open to Forum members.*

*Ticket Information*

*Members: \$50.00*

*Please join us for a quarterly networking luncheon hosted by our Trailblazers. You'll have the opportunity to connect with other members and get to know and learn from our Trailblazer Award winners.*

*Registration will close on one week prior to the event. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact [admin@stlforum.org](mailto:admin@stlforum.org).*