



## **Metro Region**

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Hello Metro Region and welcome to the beautiful month of December! Can you believe that we are already in the last month of the year, and that by the end of this month it will be 2025?!

As we enter the holiday season there is so much to celebrate! From the MASS conference this October, to our in person meet-ups at Beaverbrook Step, we've had such a great year. Here are some pictures from both of those events to jog everyone's memory.



As our region continues to grow and make wonderful memories together, it's all thanks to **you** for participating!

Be sure to join us Tuesday, December 17th from 4:30 - 6:00 PM on zoom for our Regional Meeting celebration!

This meeting will be specifically important to attend because we will be talking about the MASS Board, and how you can become involved! We are looking to nominate 3 people to be our Metro Regional Board Representatives.

Joining the MASS Board is a wonderful opportunity to represent your region, and work more closely with our organization. You'll be able to work on important issues, and help to create a stronger MASS! With this year nearly coming to an end, now is the perfect time to try something new, or set a new goal for yourself. We also want to congratulate Matthew Bander for his continued hard work on the MASS Board, and we look forward to seeing what he'll be able to accomplish next with the board!

Does this sound like something you'd be interested in? Or, do you have someone in mind that you'd like to nominate? Be sure to attend our December regional meeting and let us know!

