



## February 2019 News



Brian Wesley  
President

February marks the start of the YLC's Wellness Month. Throughout the month, the YLC will provide online resources, as well as CLE & webinar opportunities that address wellness-related topics and promote [health and wellness for young lawyers](#). The Wellness Committee has planned an action-packed month that I hope you will take full advantage. The YLC stands committed to aiding and providing the resources necessary to encourage healthy and well Virginia young lawyers.

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### Upcoming Events

- [Optimizing the Lawyer Brain Webinar](#) – Feb. 26
- [YLC @ the Richmond Symphony](#) – Mar. 8
- [YLC Celebration of Women & Minorities Bench-Bar Dinner](#) – Mar. 28
- [VSB Techshow](#) – Apr. 8
- [YLC Board of Governors Meeting](#) – Apr. 26-27
- [VSB 81st Annual Meeting](#) – June 12-15

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### Optimizing the Lawyer Brain

This FREE CLE on Feb. 26 has been approved for 1.5 credit hours. [Registration is limited.](#)



The presentation discusses:

- the brain areas associated with memory formation, motivation, and reward
- the impact of stress on cognition
- the influence of self-medication on lawyer thinking
- the importance that diet has on brain health
- and strategies for maintaining optimal cognitive function.

Lawyers can benefit from maximizing their cognitive health, just as they care of their physical health.



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### Networking at the Richmond Symphony

Like the symphony? Want to meet other lawyers before the show? Join the YLC for a networking event before the one-hour [Richmond Symphony](#) concert on March 8 @ 6:30 pm at the Carpenter Theatre. The event starts at 6:00 pm. Sign up by using the code "VSBYLC" for reserved seating when purchasing tickets online. Tickets are \$11.50. Bring a friend! [Purchase tickets online.](#)

## 2019 Celebration of Women & Minorities in the Legal Profession Bench-Bar Dinner

This annual event recognizes new and elevated women and minority judges to the bench and is scheduled for March 28 at the Richmond Downtown Hilton. Tickets are \$40 per person or \$300 per table of eight. You will not want to miss this!



[Click HERE](#) to register for the Annual Bench-Bar Dinner

The YLC Bench Bar Relations Committee is also pleased to introduce *Beyond Chambers: What Every Lawyer Should Know About Interacting With Judges Outside the Courtroom*. The guide can be found on the [YLC Bench Bar Relations webpage](#).

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## NOMINATIONS NOW OPEN



### Serve on the YLC Board

Are you interested in serving on our Board of Governors? This group meets six times a year to oversee the YLC and support its programs. [Nominate yourself or someone else here](#). Send questions to [Chris Fortier](#), immediate past president.

### Edwin Burnette Outstanding Young Lawyer of the Year Award

This award honors a young Virginia lawyer who has demonstrated dedicated service to the YLC, the legal profession, and the community. [Nominate someone here](#) before **April 1**. [See past winners and learn more](#).

### Stars of the Month

Congratulations to Amanda Gregory and Christy Stierhoff! Amanda and Christy team up to comprise the Social Media & Public Relations Committee and handle all of the YLC's social media marketing. Follow us on your social media platforms today!



### Find YLC on social media:

[twitter](#) [facebook](#) [linkedin](#) [google+](#) [instagram](#) [tumblr](#) [pinterest](#)

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