Flint Chapter Meeting Minutes 3-13-18

20 people attend the meeting.  
Juliane Chreston presented "Applying Concepts of Crossfit Design to Engaging Interventions"  
  
Member present  watched the "Message from Amy Lamb" sent out on 3-12-18.  
  
Next meeting will be June 13, 2018 at Rehab and Mobility from 5-7 pm