



**WANT TO BE A BETTER COMMUNICATOR? NEED TO IMPROVE  
SPEAKING? INTERESTED IN LEADERSHIP DEVELOPM**

2nd & 4th Sundays  
6:00 p.m. - 7:30 p.m.  
Town Hall - Chambers  
(1 Capitol Heights Blvd., Capitol Heights, MD 20743)

We are proud to announce the development of a new chartered Toastmasters Club Heights. The Club will meet twice a month and requires a membership of 20 individuals (18 years of age or older). Club membership is for 6 months. The cost of membership is \$45.00. Payment Money Order

Note: Toastmasters International requires new members to pay a one-time membership fee registration.

We envision the Club creating opportunities for Town development and growth through human resources including Mayor & Council, Town Administrator, Department Heads. There are many benefits to having a Toastmasters Club.



These benefits include:

- Communicate clearly and more effectively
- Speak up with confidence;
- Organize well-run meetings;
- Lead Committee/Teams;
- Mentor others;
- Provide constructive feedback and
- Exercise time management; and
- Become a great listener

Hopefully, you are interested in joining and/or supporting the Town of Capitol Heights. If you have any questions about how to join and/or support this effort, please call Councilwoman Faith T. Ford at 301-792-1372 or email [fford@capitolheightsmd.com](mailto:fford@capitolheightsmd.com).

*This effort is supported by the Mayor and Council of the Town of Capitol Heights. The development of the Toastmasters Club was initiated by Councilwoman Faith T. Ford*