

Calendar of Events

February 10, 2026	February Utah County Women in Business Luncheon-Mastering Life? s Storms: Four Steps to Oliver's Place 125 S 2000 W Pleasant Grove, UT 84062 11:30 AM - 01:00 PM MST
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Join us for our February Utah County Women in Business luncheon as we welcome Michelle Reittinger, speaker, author, and mental health advocate, for an inspiring and deeply human conversation about resilience, both in life and in leadership.

Drawing from her personal journey navigating mental health challenges while building a meaningful career and life, Michelle shares practical insights on how to face adversity with courage, clarity, and compassion. Her message is honest, relatable, and empowering, offering attendees tools to better understand themselves, navigate life's storms, and show up more fully at work and at home.

This session is designed to encourage reflection, connection, and growth, reminding us that resilience is not about perfection, but about learning how to move forward with strength and self-awareness.

Whether you are navigating change, leading others, or simply looking to strengthen your emotional toolkit, this luncheon offers a supportive space to learn, connect, and be inspired.

Turn AI into a Digital Workforce that Saves Time, Automates Tasks, and Scales Your Business
UVU Business Resource Center
815 W 1250 S
Orem, UT 84058
05:00 PM - 07:00 PM MST

Most people use AI to ask questions.

But what if AI could actually do the work for you?

Imagine having a digital assistant that:

- *drafts emails*
- *supports your marketing*
- *handles repetitive tasks*
- *runs workflows automatically*
- *and saves you hours every week*

Not someday, but right now.

Join us for a hands-on session designed specifically for business owners, marketers, and team leaders who want practical results (not tech overwhelm).

Build AI Agents That Actually Do the Work — Your Way

Turn AI into a digital workforce that saves time, automates tasks, and scales your business.

In just two hours, you'll: Build two working AI agents live Learn how to automate everyday business tasks Create your first "AI workforce" Leave ready to keep building on your own Gain confidence in the new Agentic Age.

Tuesday, February 10 | 5–7 PM

UVU Business Resource Center 815 W 1250 S, Orem, UT 84058 (Conference Room 102)

? Food provided

Facilitated by Preston Reynolds, Founder & CEO of Insights in Action

This isn't about replacing people. It's about freeing you and your team to focus on higher-value work.

If you've been curious about AI but unsure where to start, this is the perfect place.

Reserve your seat and bring your laptop, you'll be building, not just listening.

Hope to see you there!

[**CLICK HERE TO REGISTER**](#)

February 18, 2026

February Executive Forum
Altabank American Fork Branch
33 E Main Street
American Fork, UT 84003
11:30 AM - 01:00 PM MST

Join a select group of the area's top business leaders for a confidential, executive-level conversation focused on growth, opportunity, and the future of our region.

The American Fork Chamber of Commerce Executive Forum is an invite-only roundtable luncheon designed for senior leaders who value candid discussion, peer insight, and meaningful connection beyond surface-level networking.

This forum is not a presentation, it's a conversation.

What to Expect:

Curated discussion with fellow executives and community leaders

Insight into regional growth trends and economic opportunities

A trusted setting for sharing challenges, ideas, and perspective

High-level relationship building with peers across Utah Valley

Eligible members will receive a calendar invitation.

February 19, 2026

Connect 4 Lunch February Networking Luncheon at Totally Sconed-Build Relationships. Grow
Totally Sconed
739 E 550 S
American Fork, UT 84003
11:30 AM - 01:00 PM MST

Looking to expand your network without the pressure of a formal event? Join us for our monthly Connect 4 Lunch, a relaxed and engaging networking opportunity designed to help Chamber members and local professionals build real relationships that lead to real business.

Enjoy great food, meaningful conversations, and structured-yet-casual networking that gives everyone a chance to share who they are, what they do, and how they help others. Whether you're brand new to the Chamber or a familiar face, Connect 4 Lunch is a consistent, effective way to stay visible and connected in the local business community.

Why Attend?

Make authentic connections with local professionals and Chamber members

Share your business story and what sets you apart

Learn from others' experiences, insights, and referrals

Grow your network in a comfortable, low-pressure setting

Chamber members are welcome (but not required) to bring a small giveaway prize to add a little fun to the lunch. Bring your business cards to get entered in for a chance to win a gift card or prize!

February 21, 2026

Vitalife 1 Year Anniversary Celebration

Vitalife SLC

66 S. 360 E.

American Fork, UT 84003

10:00 AM - 05:00 PM MST

Allan Gale, 8014042549

allan.gale@vitalife.com

? Friday, February 21

? 10:00 AM – 5:00 PM

? Vitalife Salt Lake City

? YOU'RE INVITED! ?

Join us as we celebrate 1 incredible year of helping our community feel healthier, stronger, and more confident! Stop by anytime during our open house for fun, food, and exclusive anniversary-only savings.

? WHAT'S HAPPENING:

?? Food & Refreshments

?? Raffles & Giveaways

?? Employee Pricing for Vitalife Members

?? Exclusive Discounts for New Clients

?? Meet the Team & Tour the Clinic

? WHETHER YOU'RE A MEMBER OR NEW TO VITALIFE...

Bring a friend • Come hungry • Don't miss out!

? One Day Only – Anniversary Specials Available In-Clinic

February 23, 2026

February Mentor Monday
American Fork Chamber of Commerce
31 N Church Street
American Fork, UT 84003
08:30 AM - 10:00 AM MST

Mentor Monday is a new monthly Chamber program designed to provide business owners and professionals with direct access to experienced mentors who volunteer their time to help address real-world business challenges.

Held on the last Monday of each month, Mentor Monday creates a structured, welcoming environment where participants can ask specific questions, seek guidance, and gain perspective from trusted professionals with proven experience. Rather than a presentation-based format, Mentor Monday emphasizes conversation, problem-solving, and practical insight.

Each session will feature 2–3 mentors on site, available to meet with participants in a small group setting. To ensure relevance and value, each month will focus on specific areas of growth or expertise, such as marketing, finance, leadership, operations, legal considerations, or scaling a business.

The program is intentionally designed to:

Deliver tangible member value

Strengthen peer-to-peer relationships within the Chamber

Position the Chamber as a trusted connector and resource

Provide mentorship without sales pressure or solicitation

This month we are lining up mentors to go over leadership tactics and skills. They will be on-site ready to answer questions about problem solving, leading teams, and more.

February 27, 2026

Final Friday Chamber Member Orientation and Education

American Fork Chamber of Commerce
31 N Church Street (Historic City Hall)
American Fork, UT 84003
09:00 AM - 10:00 AM MST

New to the Chamber? Or looking to get more out of your membership? Join us for our Final Friday Member Orientation, a relaxed and informative morning designed to help you maximize your Chamber experience.

This orientation is a great opportunity to:

Meet Chamber leadership and staff

Learn how to get the most value from your membership

Discover networking opportunities and upcoming events

Explore education, training, and leadership programs

Get involved through the Ambassador Committee and volunteer opportunities

Whether you're a brand-new member, a returning member, or someone who wants to re-engage, this orientation will help you better understand how the Chamber works and how it can work for you.

Registration is encouraged. We look forward to welcoming you!

February 28, 2026

Pancakes and Politics at American Fork Hospital

American Fork Hospital

170 N 1100 E

American Fork, UT 84003

09:00 AM - 10:30 AM MST

Start your morning with conversation, community, and civic engagement at Pancakes & Politics, hosted by the American Fork Chamber of Commerce and sponsored by Intermountain Health.

This free, public forum offers an opportunity to hear directly from local and regional elected officials, candidates, and community leaders while enjoying a complimentary breakfast. Designed to encourage informed dialogue, Pancakes & Politics provides a welcoming space for attendees to learn more about key issues, ask questions, and better understand the perspectives shaping our community.

Whether you're a business owner, resident, or simply interested in local government, this event is an accessible way to stay engaged and informed.

? Breakfast will be provided

? Saturday, February 7th & Saturday, February 28th

? 9:00 AM – 10:30 AM

? American Fork Hospital – Education Center (ER Building)

170 North 1100 East

This event is free and open to the general public.