



Lower Level
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Promoting Oregon Area's Businesses & Community

OREGON AREA CHAMBER OF COMMERCE

January Membership Meeting Agenda

Thursday, January 21, 2010; 11:30 AM-1:30 PM

Hosted By: Autumn Woods Professional Center (Conference Room)
602 Pleasant Oak Drive, Oregon WI

- 11:30 AM Arrivals, Networking & Lunch Catered by *JL Richards Lunch (\$8.00): Shredded chicken or BBQ pork sandwich, baked beans, corn, cole slaw, cookie and soda or water. Please make checks payable to JL Richards.*
- 12:00 PM Welcome All Members & Thank You Hosts: Autumn Woods Professional Center
- 12:02 PM Host Welcome & About Autumn Woods (Marty Verhelst, Verhelst CPA)
- 12:05 PM Around the Table
Members introduce themselves and share with fellow members any information about their Business or Organization including news, changes, promotions, sales & events.
- 12:20 PM Approval of the November 24, 2009 Minutes of the Membership Meeting
- 12:25 PM Chamber Announcements:
 - Board of Directors 2010-2012
 - 2010 Annual Awards Dinner
 - Membership Renewal
- 12:30 PM Featured Speaker: Myra Mastos, Force of Life Wellness.
Reactor(s) Dr. Daniel Hamm & Dr. Matt Arnio, Autumn Woods Chiropractic.

One diet doesn't fit all. Myra supports overwhelmed, stressed-out people regain control of their health by discovering easy, healthy ways to eat without denial or discipline. She will discuss why New Year's resolutions fizzle out & provide tools so you can rework them for success! You'll also find out how to deconstruct your cravings & head them off at the pass so maintaining a healthy diet is easy & FUN!
- 1:00 PM Schedule Announcements & Adjournment
 - Friday, February 5: Annual Dinner
 - Chamber Hours: Monday to Thursday; 10 AM-3 PM
 - February Membership Meeting: Thursday, February 18; 11:30 AM-1:15 PM
Hillcrest Bible Church: Topic: *Promoting Your Business Online & Offline* by Phantasy Factory
- 1:15 PM Ribbon-Cutting Ceremony & Tour for Autumn Woods Chiropractic Clinic - Dr. Daniel Hamm & Dr. Matt Arnio. Autumn Woods Professional Center. Desserts & Drinks provided.

We value your input and participation. See you next meeting!