

COTTAGE GROVE AREA

# Women in Business

connect

learn

grow

*Connecting Without Borders*

Women Empowering Women

March 2018

Join us at our next meeting:

March 16, 2018 at 7:45 am

Cottage Grove City Hall, 12800 Ravine Parkway, Cottage Grove

A program of the Cottage Grove Area Chamber of Commerce

**Be sure to register for the March meeting!**



## In this issue

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Next Meeting:

April 20 2018  
Mary Albright

**Alissa Daire Nelson** presents:

**“Take your business from mediocre to Meoww”**

Alissa is on a mission to help women uncover and live out their Superpowers, helping them discover how to make their businesses and relationships thrive, not just survive, in harmony. Your Superpowers are the key to that! And she's going to prove it to you!

She's an accomplished Success Coach, speaker, host of the Maximize Your Strength podcast, as well as the published author of the hot new book: *From Frustrated to Frickin' Awesome: 4 Steps to Achieve the Success You're Wired For*. But more than anything else she's an exceedingly proud wife and mother of two amazing daughters.



March  
Coffee Sponsor



Vickie Snyder  
Stone Soup Thrift Shop



# Dr. Megan Eckdahl

Oasis Chiropractic – Chiropractor

5 years in business

\*\* My purpose and passion as a chiropractor is to help as many people as possible by removing interference along their spine and nervous system. I love to educate about health and encourage families to make healthy life choices to reach their full potential.



## **What do you like best about your company/position:**

Oasis Chiropractic is a family friendly clinic with the purpose on bringing wellness and health to the community. We offer a wide variety of services geared toward educating and promoting health to our patients, including: health talks, weight loss testing/consults, hormonal consults, nutritional supplements, spinal rehabilitation, and instrument and hands-on adjustments to reduce stress on the nervous system.



**My perfect referral is...** a working woman, who is stressed out in any area of her life, whether with her neck or back, hormones, weight, or any other health concerns she may have.

**One area of business that I could use support...** is any opportunity or event that I could be a part of to educate our community on health.

We offer Free Stress-Relief Chair Massages at any fairs, school carnivals, gyms, business expos, etc.  
\*\*\* If your business or group is having any type of event, and would like a great opportunity to raise money for your group or association contact me and we'll be able to help! It costs your group nothing and we donate the money we make back to your organization. The purpose is to bring our businesses together!

**Why I love Women in Business:** WIB has a wide variety of different business women, who are all striving to make our community a happy, healthier place. Many businesses are represented through this group and if I am looking for a service I go here first!

**People would be surprised to know...** that I love winter! I'm very active in broomball and snowboarding, and I love playing in the snow with my kids!

**Awesome deal or promotion...** For all WIB members receive a \$27 chiropractic examination, consultation, and digital spinal x-rays, including motion study x-rays. Plus a complete report going over all results and recommendations. Deal expires 05/31/18.

## 2018 Speaker Calendar

January 19

Ursula Mentjes      Sales Coach Now

February 16

Melissa Sonsalla      Energy Leadership

March 16

Alissa Daire Nelson      From Frustrated to Frickin Awesome

April 20

Mary Albright      Why They Buy

May 18

Linda Fliss      Twin Cities Life Coaching

June 15

Summer Format

July 20

Summer Format

August Social Event  
TBD

September 21

Jasmine Brett Stringer      Seize Your Life

October 19

Mary Schmid      Financial Topic

November 16

Chris Heeter      Because the World Needs a Lot More Wild



## Meeting Information

### Meeting Agenda

**7:45—8:00 am**

Open Networking

**8:00—8:20 am**

Members & Guests 1 minute  
Commercials

**8:20—8:30 am**

Special Announcements  
and speaker Introduction

**8:30-9:15 am**

Speaker Presentation

**9:15-9:30 am**

Open Networking

### Upcoming Speakers, Greeters, Sponsors

~ March ~

Alissa Daire Nelson - Speaker

Liz Dietsche &

Barb Leuthe - Welcome Table

Vickie Snyder - Coffee Sponsor

~ April ~

Mary Albright - Speaker

Ramona Westerberg - Welcome Table

Ramona Westerberg- Coffee Sponsor

## Become the Coffee Sponsor

**Cost: Coffee!** Coffee sponsors have their logo on meeting promotional materials and have a 3-minutes commercial spotlight at the meeting. Please bring coffee for about 25 people. (A snack is optional.) Sign up sheet is available at each meeting.



## Upcoming Events

### **March 14: 3:14 - 7 pm Mathnasium in Cottage Grove is celebrating Pi-Day!**

Join them for Circle-themed food and pi-themed activities! Rsvp: [cottagegrove@mathnasium.com](mailto:cottagegrove@mathnasium.com) or 651-560-5477

### **March 20: 8:30 - 2pm Spartan Promotional Showcase.** Envision Event Center,

Oakdale To register, please contact Mary Slusser at [slussermary@spartanpromo.com](mailto:slussermary@spartanpromo.com).

### **March 27: 12-1 pm Top 5 Legal Business & Insurance Mistakes:**

Lunch n Learn with Evon Spangler & Jessica Aubel @ Andiamo Italian Ristorante, Eagan — See attached flyer to register!

### **April 24: 2 Workshops presented by Thrivent Financial :**

**5 pm; “U.S. Tax Reform: How It Could Affect You Income Taxes and Retirement”**

**6:15 pm; “Will and Estate Strategies”**

Both workshops will be held at: All Saints Lutheran Church, 8100 Belden Blvd., Cottage Grove, MN 55016 Dinner will be served at 6:15 p.m.

Space is limited. Please RSVP by April 20 to reserve a spot for yourself and a friend.

Contact Arlene Myers at 651-458-5392 or [arlene.myers@thrivent.com](mailto:arlene.myers@thrivent.com).

**Do you suffer from Headaches? See attached article from Laura Devine for Tips to Treating the CAUSE of your Headaches:**



### **Strawberry Fest Ambassador candidates** Spon-

sored By WIB — If you have a daughter, or are associated with another employee, employer, etc. who might have someone interested in entering the Strawberry Ambassador program and needs a sponsor, please contact Barb Forthun ([barbaraforthun@gmail.com](mailto:barbaraforthun@gmail.com)) to discuss receiving sponsorship from WIB. In the past, we have reached out to the Ambassador committee with our desire to sponsor a candidate. Before we do that, we are reaching out to you, our membership, for candidates looking for a sponsor.



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## Membership

Your first meeting is free, additional meetings are \$10. Membership is \$75 for non-Chamber members and \$50 for Chamber Members.

Use the FREE PASS for yourself, or invite a business woman you know to our next WiB meeting.



Member applications are available at every meeting or downloaded at our website at [www.wibcg.com](http://www.wibcg.com).

We'd like to get to know you better and "spotlight" you in our monthly newsletter. Share about yourself, your business, and a feature promotion you'd like to pass on to our members. Fill out a "Spotlight" form and return to Laurie Levine or other committee member. Send a photo (selfie or jpg headshot) to [laurie@keechmedia.com](mailto:laurie@keechmedia.com) to accompany your spotlight article.

**Cottage Grove Area Chamber of Commerce  
Women in Business**

8617 West Point Douglas Rd  
Cottage Grove MN 55016

Connect with us

[wibcg.com](http://wibcg.com)



Do you have something you want to share in the newsletter? Send a pdf to the newsletter editor by the 5th of each month by using the email: [DrMegan@cottagegrovechiro.com](mailto:DrMegan@cottagegrovechiro.com) Please put WiB newsletter in the subject line. Newsletters are sent out via email on the Wed. prior to each meeting.

Current editor:  
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PLACE  
STAMP  
HERE