



## Sauk Rapids Chamber Monthly Meeting

December 22, 2011

Location: Good Shepherd Community Fellowship Hall

Host: 360 Chiropractic

Welcome, introductions and new name tags by Shelia Tepley-Lamar Outdoor Advertising - Chair and Jen Novak, Pine Cone Vision-Sartell and vice chair.

Host Presentation: Presentation by Kirsten Freeman and Dr. Mark Anderson

- 360 is located at 161 19<sup>th</sup> St. S, Suite 101, Sartell, MN 320-257-0360. They are the only 100% activator practice in the area. They have 10 employees—this includes 3 chiropractors and 2 massage therapists.
- Most chiropractors have an activator and occasionally use it. 360 uses it 100% of the time. There is no snapping, popping, cracking with the activator. Activators are designed to provide a safe and comfortable treatment for clients. They work with infants to very elderly people. It is a high speed, low force adjustment – it is more precise, exact and comfortable for patients and doesn't cause undo stress and strain on both the patient and doctor.
- They can zero in on the pain with the activator. They work on all areas of the body-tennis elbow, hips, shoulders, knees, carpal tunnel, TMJ, rotator cuff –to just name a few.
- They also do acupuncture. That is generally used for back pain, migraines, headaches, sports injuries, sciatica, sprained ankles and more.
- They also have massage therapy, nutritional counseling, exercise guidance, and rehabilitation therapy.
- 360 works with other area doctors., surgeons, physical therapists, and other specialists
- 360 is also very community minded and gives back to the community. They work with area businesses to do employee wellness days, food drives, sponsor area children's sports teams, and raise money for Anna Marie's in 2011 by having days of free care for a \$20 donation to Anna Marie's.

Membership Update-Wendy Franwa—one new member joined in Dec. –Braunreiter Dental in Sauk Rapids.

Chamber Update-Jodi Speicher –Good Shepherd-There is a Supervisor Development Program training that is a 7 session training that starts Jan 19. You can register up until the 18<sup>th</sup>. Check the Chamber's web site for details and information.

Sauk Rapids School update: Lisa Braun-there will be an informational meeting for all day Kindergarten the evening of Jan 24<sup>th</sup> –check the web site for details. They are using a new curriculum that is working well and kids are doing great on the testing. Some of the schools have a 40% poverty rate. Please contribute in your community to help meet the needs of the kids and families in your local area.

City Update-Todd Schultz-Lots of good things happening in Sauk Rapids-several area manufacturers are increasing space, hiring employees-Schaefer Fan, Wiman, Hardware Distributors, the Stearns Manufacturing building has been leased, there are 2 new manufacturers that are moving into town.

---The new bar on Benton Drive should open in the next couple of months, there are townhomes and apartments being built, the Super America gas station is open and doing well.

---City Hall is on schedule to be completed by April or May. The city has 3-4 parcels of land that will be on the market soon (from the new bridge and updating of downtown). Those parcels of land will have some financial incentives attached to them to help attract new business.

A holiday networking event followed the business meeting.

The next meeting will be Jan 26<sup>th</sup> –hosted by Bank Vista and held at Good Shepherd.

For more information on the Sauk Rapids Chamber, please contact Shelia Tepley—Lamar Outdoor Advertising –Sauk Rapids Chair—253-3000, [stepley@lamar.com](mailto:stepley@lamar.com), Dr. Jen Novak-Pinecone Vision-Sauk Rapids Vice chair-258-3915 –[jnovak@pineconevisioncenter.com](mailto:jnovak@pineconevisioncenter.com) or Gail Ivers-chamber staff at 251-2940 ext. 109—[givers@stcloudareachamber.com](mailto:givers@stcloudareachamber.com)

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