



IMMEDIATE RELEASE

Start Date: November 21, 2011

End Date: December 12, 2011

Healthy Holiday Alternatives featured at November Chamber meeting

Waite Park, Minn.—The Waite Park Chamber held their monthly meeting Nov. 16 at Waite Park City Hall. Attendants at the meeting listened to Tim Schmidt and Julia Krengel, Rejuv Medical, discuss healthy holiday options.

Schmidt and Krengel explained that the average American consumes 4,500 calories and 229 grams of fat on Thanksgiving, or almost three times the normal amount. Schmidt and Krengel promoted eating turkey breast instead of dark turkey, green bean casserole instead of stuffing, mashed potatoes and gravy or mashed cauliflower instead of sweet potatoes with marshmallow, a dinner roll with butter instead of cornbread, and pumpkin pie with light whipped cream instead of pecan pie.

Emphasizing the possible calories saved from smarter choices during the holidays, Schmidt and Krengel encouraged attendees to bring healthy hostess gifts such as a vegetable tray with hummus. Schmidt and Krengel also advised waiting an hour or two before consuming pie and eating slower, as well as having family activities that will get your entire family moving, such as football, a walk, basketball, or even Wii challenge.

Meeting co-host Tully Tube Network featured Christine Tollefson, who explained how the company was founded. Celebrating their fourth year in business, Tollefson explained that they have a 90% return renewal rate. Tollefson also detailed why companies choose to advertise with Tully Tube, citing the low cost per impression and the easily reached target audience through specific placement of their screens.

Fellow meeting co-host FaceTime Business Resources featured Chris Dolney, who explained that although the company has only been in business five months, the passion for it started over 10 years ago. Dolney highlighted the many services his company provides, such as business cards, logo wear, and other printing services as well as credit card processing.

Dolney explained that FaceTime Business Resources is different from other companies that provide the same services. Citing passion, Dolney said FaceTime Business Resources cares about the products they create for other businesses and they have cultivated relationships with vendors to save companies stress and money by providing the lowest prices in the industry.

The Waite Park Chamber meets on the third Wednesday of every month. The next meeting is Dec. 21 at 11:45 a.m. at the Moose Family Center, hosted by Sentry Bank. Chamber meetings are open to interested business representatives. There is no cost to attend, and lunch is free if you register by Dec. 19. Register by calling the Chamber at (320) 251-2940, ext. 126, emailing registrations@StCloudAreaChamber.com, or online at www.WaiteParkChamber.com. Due to a large number of unregistered individuals attending the monthly meetings, the Waite Park Chamber charges a \$5 fee for all unregistered attendees.

For more information, call (320) 251-2940.

The Waite Park Chamber, a division of the St. Cloud Area Chamber, is a place where business, education, and government come together for the betterment of the community.

-Chamber-

Submitted by Alexa Sandbakken, Waite Park Chamber, (320) 656-3810.

Photo Captions:

Christine Tollefson, Tully Tube Network (2)

Christine Tollefson, Tully Tube Network, at the Waite Park Chamber meeting in November at Waite Park City Hall, explains why companies advertise with Tully Tube Network.

Chris Dolney, FaceTime Business Resources

Chris Dolney, FaceTime Business Resources, describes the passion that created and sustains his business. Dolney presented at the Waite Park Chamber November meeting at Waite Park City Hall.

Julia Krengel, Rejuv Medical (2)

At the November Waite Park Chamber meeting at Waite Park City Hall, Julia Krengel, Rejuv Medical, highlights healthier holiday options.

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