

Central Vermont Chamber

"Where Business & Technology Meet"



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Dear Brenda,

Our Mixer Committee Chair Joe Hayes and his team are excited that the August mixer will focus on **Total Wellness**, and hope to see you there!

The beautiful hot summer months provide an opportunity for many to be more active, but as August winds down and the kids return to school, we want to be sure everyone has lots of ideas on how to build fitness into their daily routine.

[Snap Fitness](#) will be providing tips on how to fit small changes into your day to keep energy levels high, the mind sharp, and illness at bay. Employees will learn that the smallest changes can make a big difference.

[The Woods at Wihakowi](#) will be providing hors d'oeuvres - healthy and delicious - and sharing how you can make some simple changes to make your meals healthier.

[MVP Health Care](#) will show ways employers can provide a healthy wellness environment for their employees in an affordable way.

We'll have stations with fun fitness demos where you can participate, some friendly competition, great door prizes, and, of course, valuable networking opportunities.

Mark your calendar now for **Thursday August 19 from 5 to 7 pm** at the Chamber office, and watch for your flyer in the coming weeks.

Are You Taking Full Advantage of Your Chamber Membership?

The Central Vermont Chamber of Commerce is in the business of cultivating a strong local economy. It provides a variety of tools for their members to utilize to maximize their investment in the community. Are you taking advantage of all that you could be? Take a look and see if there are more options that can benefit your business. Do you

- Provide brochures to the Chamber office?
- Submit news of important milestones for your business for the monthly newsletter?
- Provide your 20-word free listing for the highly utilized web [service directory](#)?
- Provide your [testimonial](#) for the Chamber and promote your business?
- Take advantage of Chamber opportunities to promote your business at discounted rates for members? Opportunities include:
 - [Central Vermont Community Profile](#)
 - [Banner advertising on our web town pages](#)
 - [Web Partner](#) pages on central-vt.com
 - [Mailing inserts](#)

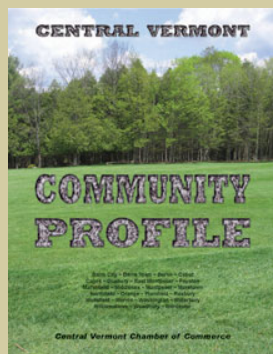
- [E-news inserts](#)
- [Travel publications](#), maps and more
- [Shop locally](#) radio campaign
- Promote your business by sponsoring and attending Chamber events like:
 - [Mixers](#)
 - [Annual Meeting](#)
 - [Annual Golf Tournament](#)
 - [Annual Raffle](#)
 - Legislative Breakfast
- Offer discounts to other Chamber members and notify the Chamber office of the discount?
- Utilize the special member offerings form [Cigna Healthcare](#) and [Delta Dental](#)?
- Take advantage of free promotions on the regional website like the [events](#) and [commercial sites](#) listings?
- Take advantage of the partner discount for [Constant Contact](#)?
- Suggest topics of importance to your business for potential newsletters, seminars, and programs?
- Offer feedback to the Chamber by completing periodic surveys and questionnaires?
- Volunteer for a Chamber committee or help your employees gain personal growth by encouraging them to volunteer for a committee?
- Display your [Chamber decal](#) where customers can see it?
- Use the "Proud to be a member" [email signature](#)?
- Follow the [Chamber's Blog](#) to keep up with regional news?
- "Like Us" on [facebook](#) to help build your network?

So, how'd you do? The more you participate, the more your Chamber membership will benefit you! If you have questions or want more details, feel free to contact the Chamber at 229-5711 or cvchamber@aol.com.

Central Vt. Community Profile underway

The 2011 **Central Vermont Community Profile** is underway. If you'd like to support the publication with your ad, now's the time to be included. The earlier I get your ad space reservation, the easier it is to layout and design the publication. But, I won't need ad copy until September.

This is one of the Chamber's more popular publications. It is distributed to



businesses throughout the region as well as to town officials, legislators and businesses looking to relocate to our area. We also post the publication on our website for added exposure! It can be viewed at: <http://www.central-vt.com/presents/Profile.pdf>

Advertising support helps make it possible to provide such valuable information on our region.

I've posted a [rate sheet and contract](#) for your convenience in reserving your ad space. Please note ad rates have remained the same again this year! If you have any questions feel free to contact me at the Chamber at 229-5711 or cvchamber@aol.com.

Free Rewards, Buy Locally launching

A summer push encouraging residents and visitors to enjoy free area attractions has begun. [Brochures](#) offering free or discounted tickets to [Lost Nation Theater](#) for visiting selected area attractions have been distributed locally.

Radio support for the enjoy local and buy locally campaign will run throughout July and August. [Members can participate](#) in sponsoring ads on Nassau stations for as little as \$100 and are guaranteed one shared sponsor tag for every \$10 in sponsorship.



Chamber makes individual offices available

The Central Vermont Chamber is now offering one-person, private offices for lease in its Berlin complex. The offices range from 100 to more 250 square feet and will be available for \$400 to \$600 per month including utilities. Tenants will enjoy the most favorable rates for conference room rentals and can access the internet via wireless connection at no additional charge.

[Details...](#)

