

Upcoming ways to Connect & Market your business



Last Chance to Register!
Deadline is today at 12
Noon!

Chamber Celebration Gala Friday, November 8

Hazeltine National Golf Club

You are invited to Celebrate with us in our last signature event of 2019. We have a fun agenda that includes a great dinner, silent auction, business awards and live music. Our Celebration Gala is a great way to connect with other Chamber members. You can also market your business by donating auction prizes.

Register today!

Tuesday Morning Meet & Greet November 5 Election Day No Meet & Greet Scheduled

We encourage you to get out and vote!

[Click here for voting locations](#)

New Member Welcome & Using Your Chamber Benefits

Tuesday, Nov. 12 * 8:00-9:00am

Hazeltine Management Center

Tuesday, Dec. 3 * 8:00-9:00am

Chanhassen Rec. Center

This is a great opportunity to meet new Chamber members and a reminder of how to use all of your Chamber benefits. We'll look at our BRAND NEW website and how you can get more

CHAMBER BUSINESS BLOG

How Can Physical Therapy Help?

Aaron Miller, Thrive Physical
Therapy

You're in pain, and you aren't sure what you should do about it. You have talked to friends and family who have told you stories about injections and surgeries, but you are not ready for that step. You're hoping there is a chance the pain will go away on its own. The human body can do amazing things. Isn't there a proven and cost-effective way to give the body a chance to heal on its own?

Physical therapy is a great option to utilize the power of the body to heal, strengthen, and return to activities you love to do. Whether your doctor refers you to therapy, or you decide to come in and see a physical therapist on your own, you are taking the first step to creating a healthier and happier life with less pain. Not sure how this can happen? Here are some examples of how physical therapy can make a difference.

A retiree has been told her knee pain is "part of getting older" and her x-ray shows signs of knee arthritis. She has pain bending to pick up her dog and has difficulty walking long distances while shopping and going to church. Research shows working with a physical therapist twice a week for a month using exercises for strengthening and stretching can significantly improve activity tolerance and reduce her knee pain.

A middle-aged plumber has always had a bit of low back pain, but his symptoms have gotten worse over the past month. He has a constant ache in his back and a burning sensation down his leg with tingling in his foot. He thinks it might be sciatic nerve pain, but he doesn't know how to decrease his pain. With the help of a physical therapist, he learns specific exercises to reduce stress on his back, eliminate nerve pain, and strengthen his core muscles to prevent future injuries at work.

A computer engineer usually sits at her

business referrals. We'll talk about our new Business Blogs, upcoming events for 2020 and other ways you can connect and market your business

Annual Mayor's Luncheon

Nov. 20 * 11:30am-1:00pm

Chaska Event Center

This is a great opportunity to look back at the past year and look forward to 2020 in our cities of Chaska, Carver, Chanhassen & Victoria. Connect with other business leaders and enjoy a nice lunch.

Workplace Wellness Opportunity for Local Businesses

Employees are an organization's most valuable asset. Investing in their health by creating a workplace wellness initiative can have a positive impact on employee health, productivity and morale.

Carver County Public Health is currently accepting project proposals from organizations interested in joining a workplace collaborative. Through the collaborative, workplaces can plan and implement a variety of wellness activities related to healthy eating, physical activity, breastfeeding support, and/or tobacco use. The workplace collaborative is supported by the Statewide Health Improvement Partnership (SHIP) through the Minnesota Department of Health.

Workplace collaborative partners will meet quarterly for workplace wellness learning sessions and to network with one another. Public Health will provide technical assistance and resources to workplace collaborative partners to help identify workplace wellness opportunities and create lasting change by implementing evidence-based strategies.

Twelve organizations participated in the 2019 SHIP Workplace Collaborative, working on various strategies ranging from starting a healthy snack station in the employee break room to creating a dedicated, private lactation space at the workplace. Any size workplace in Carver County is welcome to submit a project proposal.

Please visit

www.co.carver.mn.us/worksites to learn more or to complete a project proposal. Project proposals are accepted on

desk all day. On the weekends, she enjoys playing volleyball and going to the gym. She recently hurt her shoulder playing volleyball and has pinching shoulder pain and an dull pain in her neck at work. After talking to her physical therapist, she has modified her gym workout to reduce neck irritation and now is beginning to strengthen her shoulder's rotator cuff muscles to promote tendon healing and shoulder stability.

A high school student loves playing soccer and performs in the high school musical. He sprained his ankle while running and now has pain while walking. His parents set up an appointment to see his physical therapist who examined his ankle and determined he doesn't need to go to urgent care. After 5 weeks of strengthening, balance, and sports related rehabilitation, he is ready for his soccer season.

When weighing your treatment options for pain and injuries, consider physical therapy as the first line of defense. It is low-risk, inexpensive, and has a significant impact on improving strength, range of motion, pain, and overall quality of life.

CONNECT WITH THE BLOG AUTHOR

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952.556.5420
catering@hngc.com

rolling basis but are due no later than January 31, 2020. If you have any questions or would like more details, please contact Jean at jpierson@co.carver.mn.us.

Last Week in Pictures



Our Business Roundtable met last week and had a great discussion on challenges in their businesses. This free member event is a good opportunity to connect with and learn from other members, while sharing your experiences.

Our next **Business Roundtable** is scheduled for Friday, December 6 from 7:30-8:30am at the Chamber office.

Always count on coffee, light breakfast items and great conversations.

Welcome New Chamber Members! Board & Brush - Chanhassen

Southwest Metro Chamber of Commerce
www.swmetrochamber.com

