



Flash E-Fax

News & Information

April 7, 2008

The Olney Chamber of Commerce invites you to the third in a series of seminars

Understanding Your Health Insurance Options

Neil Simon and Julie Krzysiak of Independent Benefit Services will give an overview of what small businesses should consider when looking for Health Insurance.

Wednesday, April 16

7:30-9:00 a.m.

In the Community Room of the RE/MAX Building
located at 3300 Olney-Sandy Spring Road

Breakfast will be provided.

Cost for breakfast is \$15 for members and \$20 for non-members. RSVP by Monday, April 14 to the chamber office at 301.774.7117 or chamber@olneymd.org or **register online at www.olneymd.org**

Chamber Welcomes New Member:

Pre-Paid Legal Services, Inc.

Joyce McClay/Independent Associate

19204 Mt. Airey Road
Brookeville, MD 20833

T: 301.502.3982 F: 301.774.6736

E: jem@prepaidlegal.com

Web: www.prepaidlegal.com/hub/jem

Life Happens--Be Prepared. Identity theft protection and legal personal and business plans offer the peace of mind that comes from knowing you have someone to turn to when you need them most. Let Pre-Paid Legal Services, Inc. help you. Joyce McClay, Independent Associate PPL, CITRMS, Small Business, CDLP, & Group Benefits Specialist

OTCAC Seeking Applicants

The Olney Town Center Advisory Committee is looking for nominations from small business property owners within the Olney Town Center to fill a vacant seat on its board. The committee will help to refine the master plan by creating a community supported town center concept that would serve as a guide to future developers. The nomination form can be found at www.olneytowncenter.org/members/html. Completed forms should be submitted to info@olneytowncenter.org by April 16, 2008. For more information visit www.olneytowncenter.org.

Announcements:

► **ATHENA Update:** The ATHENA Luncheon will be held on April 25 at noon at Brooke Grove Retirement Village. The ATHENA Award will be presented. The ATHENA recognizes women from the greater Olney-Sandy Spring community who have shown a "dedication of self and generosity of spirit" through professional and personal leadership and community service. This year's nominees include Ester B. Newman, Diane Grimes, Robyn Quinter, Elizabeth Garrettson, and Anne Willson. If you are interested in attending the luncheon or recognizing a woman in your life by way of a tribute or honor in the ATHENA program call the Olney Chamber office at 301.774.7117.

► **Health Tip:** Don't Forget Exercise! Exercise triggers the release of endorphins from the brain that work immediately to send pleasure signals through the body. Often referred to as the "runners high," exercise can be a powerful mood elevator. Try taking a brisk walk next time you need to cheer up. Physical activity has also been linked with increased mental capacity and improved memory, alertness and concentration. ~brought to you by the Chamber's Health and Safety Chair Richie Vicente.

► **On the Move Special:** Embroidery Express invites Chamber members to visit their new location in the Olney Town Center at 18119 Town Center Drive. Stop by and check out our 75% off CUSTOMER APPRECIATION sale. To celebrate our move, we would like to extend a free set up on embroidery projects of 24 pieces or more to members of the Olney Chamber of Commerce. This offer is good during the month of April.

► **Summer Jobs:** Is your business looking to hire summer help? If so, send your job announcement to the Olney Chamber of Commerce and we will post it on our website. Send announcements to chamber@olneymd.org.

► **Travel Special:** Celebrate Alaska's 50th anniversary as America's 49th state by taking a cruise or cruise tour in 2009. This is a wonderful opportunity for history buffs and groups, and Globetrotter Travel has acquired group space on Princess Cruises for their May 9-September 14 sailing season. Princess provides seamless travel in Alaska with private cars on the Denali and McKinley Express trains, and Princess-owned lodges created specifically for their land tours. 2009 promises to be an exciting and busy year for Alaska; call or visit us today! 301-570-2600.

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