

## March Newsletter

### Chi Omega Alumnae Chapter of Indianapolis

[www.chiomega.com/alumnae/indychio](http://www.chiomega.com/alumnae/indychio)

#### *What's in this month's newsletter?*

- Call for executive board members
- Recap of February yoga event
- March event: Spring Shape-up and Wellness on March 9
- Upcoming events
- White Carnation sponsors

#### **Now slating for 2010-2011 executive board**

Interested in becoming more involved in the Indianapolis Alumnae chapter? Miss having a leadership role in an organization? We're now in the slating process for the 2010-2011 executive board, and formal slating will take place at our March event.

As of now, the 2010-2011 slate is as follows:

**President - NEEDS TO BE FILLED**  
Vice President - Jen Renzi  
Treasurer - Angela Gibbs  
Secretary - Erica Wassel  
Area Recruitment Info Chair - Cara Gray  
Panhel - Kay Nelson Gable  
Newsletter - Kelley Lewis Broderick  
**Membership - NEEDS TO BE FILLED**  
**Webmaster - NEEDS TO BE FILLED**

#### *Roles and Responsibilities*

- President: Preside at all meetings, appoint all committee chairmen and inform them of their duties, coordinate the work of all officers, serve as ex-officio member of all committees.
- Membership: Responsible for recruitment/maintenance of accurate address files and completing directory.
- Webmaster: Responsible for updating the chapter Web site as needed.

If you're interested or have questions about any of the available positions, please e-mail Abby Rardin at [abbyrardin@hotmail.com](mailto:abbyrardin@hotmail.com). Also, if you want to be more involved in the chapter but can't commit to an executive board position, consider being a party chair, where you are responsible for organizing one event for the chapter. If you're interested in being a party chair, e-mail Jen Renzi at [jrenzi@echopointmedia.com](mailto:jrenzi@echopointmedia.com).

#### **Event recap: Yoga with instructor Sally**

Six alumnae members attended the hatha yoga class on Thursday, Feb. 18, at Mindful Movement. The class focused on deep breathing, stretching, flexibility and balance exercises.

Thank you to instructor Sally Smith for donating her time and to Mindful Movement for donating the studio space.

If you did not attend or if you would like to participate in one of Sally's classes again, be sure to visit her as she teaches at the following dates/locations:

- Wednesdays - Jordan YMCA, 10:45 a.m.
- Thursdays - Mindful Movement, 5:45 p.m.
- Saturdays - Jordan YMCA, 8 a.m.

### **March: Spring Shape-up and Wellness Event**

Our March event - the Spring Shape-Up and Wellness Event - will take place on Tuesday, March 9, at 6:30 p.m., at Body-N-Motion, 6929 Hawthorn Park Drive, Indianapolis.

Adult female friends and family are invited to join you for the event, which will feature a fitness seminar by Mike White (also known as Mr. Motion) of Body-N-Motion personal training gym (<http://www.body-n-motion.com>), as well as a wellness seminar by Dr. Andrew Hoffman of Allisonville Chiropractic (<http://www.allisonvillechiropractic.com>).

Following the brief seminars, there will be an optional workout led by Mr. Motion. In addition, Dr. Hoffman will be standing by to administer free chiropractic assessments and address general wellness questions.

A grab bag of free gifts will be provided by the sponsors and light food and bottled water will be provided.

Please RSVP to Tiffany Trusty at 317.213.3983 or [tiffany@trustywebdev.com](mailto:tiffany@trustywebdev.com). Please include the number of people attending with you in your RSVP.

Directions to Body-N-Motion: From I-69/Binford Boulevard, head west on 7<sup>th</sup> Street. After passing through one stop light, turn left onto Hawthorn Park Drive. The gym is on the left just a few buildings down. If you have problems finding the gym, call Body-N-Motion at 317.570.6775.

### **Upcoming events**

- March 9, 2010 - Spring Shape-up and Wellness Event, sponsored by Body-N-Motion Fitness and Allisonville Chiropractic. See more information above.
- April 29, 2010 (please note the date change) - Tour of the American Gallery of the Indianapolis Museum of Art. More details to come.

### **White Carnation sponsors**

#### **Lewis Real Estate Team**

#### **F.C. Tucker Company, Inc.**

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The Lewis Team specializes in the Central Indiana marketplace with buying, selling, building or investing. If you or anyone you know would appreciate our services, please call or e-mail us - we love your referrals!

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Celebrating its 25th year, Professional Hearing Services, Inc. is an audiology private practice. We provide comprehensive hearing assessment, advanced hearing aid technology and professional service. The owner herself, Dr. Suzanne O'Connor, works with each patient, providing compassionate hearing care. Since 1983, many of our patients have been referred by caring friends and family who know what a difference an audiologist can make. We'd love Chi-O referrals!

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Realtor with Sycamore Group Associates. I have 25 years experience and work in Indianapolis, Hamilton and Boone Counties.