



Women's Council of Realtors, 2009
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Columbus Chapter

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A Message From The President

In our quest for a balanced life February met our expectations with a focus on improved health and increased energy. The survey taken after the meeting showed that several of the categories received 100% satisfaction. The Kinsale Golf and Fitness Center was the perfect environment to enjoy brief presentations from a personal trainer, whole life coach and nutritionist. The pampering of a neck and back massage, hand therapy and mineral make up tips were icing on the cake. Some general advice for improved health includes the following advice: Eat a large amount of PRODUCE - dark leafy vegetables, and bright colored berries including blueberries, etc. which provide vitamins, minerals and retard free radicals. PROTEIN is essential to keep muscles toned. Choose lean chicken, turkey, seafood, yogurt, cottage cheese and nuts. These items are full of Omega 3's which also help reverse aging. WHOLE GRAINS are essential to a great diet because they fill you up so you are less likely to snack. Whole grains have an added benefit of being rich in fiber.

EXERCISE builds muscle, retains bone mass, stabilizes metabolism and increases energy. 30 minutes 5 times a week is recommended.

WINE and DARK CHOCOLATE in moderation help prevent heart disease. The internet is full of information to pursue this topic further.

Happy Health to All!!

THANKS to our Health Session Leaders

Whole Life Coach - Renee Vogel

Personal Trainer - Kathleen Georges

Nutritionist - Alyssa Bixler

Hand Therapist - Laurie McCloud



WCR Mission

We are a network of successful REALTORS® empowering women to exercise their potential as entrepreneurs and industry leaders.

WCR Vision

Through our influence as successful business professionals, women will effect positive change in the profession and in the broader community.



DO YOU WANT TO BE A CLIENT MAGNET?

Our March 12th meeting featured whole life coach April Goyer, talking about how to "Effortlessly Attract Clients". She said there are three important steps:

1. Focus Your Marketing Efforts - You must identify your target market. Identify your niche.
2. Take Inspired Action - Make presentations using various media. Form strategic alliances with affiliates and support services. Build your Network.
3. Believe - There is a 100% Correlation Between Belief and Achieving Success. The Law of Attraction - People are attracted to who they think can help THEM achieve and who reflect what they want to be!



March Sponsors!!



CONGRATULATIONS to the following who were inducted into WCR at the March Meeting by Jill Rudler. Jill Rudler, Kellina Snyder, Tammy Roof-Elliott, Kathy Edwards, Jennie Sculey, Natalie Murch, Michelle Sedlar and Debbie Montgomery.

DON'T FORGET!!!

RENEW YOUR MEMBERSHIP BY MARCH 31ST.

ANYONE WHO HELPS A NEW REALTOR MEMBER JOIN WILL RECEIVE SIX (6) JEWELRY RAFFLE TICKETS. THE NEW MEMBER MUST COMPLETE THE NATIONAL APPLICATION AND FAX IT TO JILL RUDLER ASAP. FAX 614-898-7940



A Special Thank You to Our 2009 Sponsors!
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Carrie Meacham - Real Living Mortgage

Rhonda Pettit - Divine Designs

Please join us at our
Meet and Greet
for Potential New Members

Enjoy Lunch with us at
Dominion Homes

New Albany Crossing Club House

Tuesday, April 21, 2009

11:00am - 1:00pm

RSVP to Jill Rudler 614-818-7610 or

Jill@therudlerteam.com

"Breakfast at Tiffany's"

Fashion Show & Dessert

Auction

April 2, 2009

11:00am

Villa Milano

Tickets \$35.00

Contact Julie Wills,

Powell Title

614-558-1579



WCR ORIENTATION
WEDNESDAY, MAY 6, 2009

11:30am - 1:00pm

AT

COLUMBUS BOARD OF REALTORS

RSVP to Jill Rudler 614-818-7610 or

Jill@therudlerteam.com

