

PAYSON

Jan Business of the Month - Mountain Air Assisted Living

Congratulation's to Rhett and Jennifer Huff owners of Mountain Air Assisted Living for being chosen as January 2013 Business of the Month. Located at 153 S. 900 E. For more information, please Call: (801) 465-1490



Payson Area Chamber of Commerce Biz Leads Group – Jan 17 11:30A to 1P at Fuji House. 17 S Main Luncheon is \$12.00 for Teriyaki Chicken and other menu items. Including tip. Please RSVP by Wednesday Noon. Brian Hulet and Economic Development Board will speak "Retaining and assisting Payson Businesses is the foundation of The City's Economic Development Strategy for a Vibrant and Healthy Economy".

For more information, contact

Norene Jensen	801.636.1040	norene.invests@yahoo.com;
Colin Logue	801.609.8699	utahavenueinsurance@gmail.com or
Carolyn Bowman	801.465.2634	paysonchamber@yahoo.com.

Check our website for upcoming events and special coupons. [www.paysoncitychamber.com](http://www.paysoncitychamber.com)

Spanish Fork / Salem

Jan Business of the Month – Spanish Fork IFA

Congratulations to Randy Gordon and IFA on being chosen for January Business of the Month. Randy has supported our Farmer's Market, Harvest Moon Hurrah, Summer Barbeque, and other community events. We appreciate IFA and Randy Gordon's commitment to shopping local. Located at 250 W Arrowhead Trail, Spanish Fork



Ribbon Cutting CheapShots Photography – Jan 17 6 – 7P

CheapShots Photography  
1271 East Expressway Lane, Spanish Fork  
Come welcome Christy Hair and her staff to Spanish Fork! Awesome and affordable family photography, great for weddings, birthdays, any family gathering or event!



The Spanish Fork Salem Area Chamber of Commerce - 2013 Installation of Officers and Board Members and Community Awards Banquet. Fri Jan 18, 2013 6:30 o'clock in the evening, at the Chillon Reception Center, 710 East Center Street

Spanish Fork, Utah. Come out and network with other Business Leaders and the Chamber, Please RSVP to 801-798-8352 or [office@spanishforkchamber.com](mailto:office@spanishforkchamber.com) by Monday, Jan 16. \$20.00 per Plate Adults Only, Best Dress

Pleasant Grove



PG-13 DARE TO BE FIT GET UP AND MOVE Fitness Challenge!

Sat Jan 12 thru Sat Apr 27, 2013! You can pick up an application at the PG Rec Center beginning Friday, Dec 28. Registration fee is \$130, \$100 if you already have a current PG Rec Center Membership. The registration fee includes Sat classes and weigh-ins, 16 week membership to the PG Rec Center, water bottle, t-shirt AND SATURDAY DAYCARE!!! That's right; your registration includes FREE daycare on Sat Mornings during our workout/meeting! Contact the Rec Center @ 801-785-6172 for more information.

EXERCISE

“So many people, they just sit around all day long and they don't get any exercise. Their muscles atrophy, and they lose their strength, their energy and vitality by inactivity.”

SPIRITUALITY

“You've gotta believe that nature and spiritual things surround us. That is what put us here! I thank the universe for that every day of my life.”

Jack LaLanne