

**Progressive Referral Group
In-Person Meeting
Thursday, October 22, 2020**

President: Erin Ellis
Vice President: Jeff Metzger
Treasurer: Dee Conrad
Secretary: Cheryl Barber

PLEASE NOTE!!!!

For those not joining us for the In-Person meetings, you can join us virtually using the link below:
www.bluejeans.com/7404077043

Members Present: Kent, Jenn H, Denise, Scott, Jenn M, Ron R, Erin, Dee, AJ, Tina, Cheryl, Dave Y, Jeff, David W, Sara, Jesse, Teresa, CJ, Cenell, Mark

Treasurer's Report: \$13090.98

Referrals Given: 14

Talked to someone as a result of a referral: 6

Discussed PRGL with someone outside the group: 7

Acknowledgements:

- David W thanked AJ
- Cheryl thanked Dave Y
- Jenn H thanked Dave Y
- Jenn M thanked Ron R
- Cenell thanked Dave Y
- Mark thanked Dave Y

New Business:

- A new member application from Denise Wingard with Country Lane Gardens was submitted to the PRGL President, Erin Ellis. Erin emailed the application to the membership for approval. Membership was approved via an email vote.
Welcome Denise to PRGL

Old Business:

No Old Business to report

Announcements:

- Get Well card was sent to Bruce Purdy from the group. If you want to send a card personally, contact Dee for the address
- New member list is being updated and will be available next week.
- The board has decided that there will not be a Christmas Party this year, based on the guidelines and recommendations from the CDC.
- Reminder, if Fairfield County goes to a red level, there will be no in-person meetings. Meetings will be held virtually.

Speaker: Cenell Boch-Wellness with Cenell

Cenell shared with the group about her background and how she started her current business. She asked the group to do a few exercises to help us judge how our muscles may cause some limitations and how those limitations may affect other parts of your body.

Fall Special: Evaluation and MAT demonstration just \$49 (reg. \$125) through October 31st.

Contact Cenell to set up an appointment.

For more information, see the attached flyer that was handed out at the meeting.

STAY SAFE & HEALTHY EVERYONE!

Respectfully submitted by Cheryl Barber, Secretary of PRGL