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FOR IMMEDIATE RELEASE

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### **‘Workplace wellness’ the focus of Chamber breakfast event**

Fairfield (IOWA) - The 2011 version of the Fairfield Area Chamber of Commerce’s popular Business Before Breakfast [B<sup>3</sup>] series kicks off Tuesday, January 11 at 8:00 am at Chamber member and host sponsor Fairfield Nutrition, 56 South Main Street in Fairfield. *B<sup>3</sup>: Workplace Wellness* will feature local wellness expert Ken Daley, Executive Director of the Jefferson County Wellness Action Coalition, speaking on individual and business-wide wellness strategies including workplace nutrition, exercise and behaviors which contribute to improved productivity and satisfaction in the workplace.

“Like it or not, employee Wellness - or lack of it – is a major factor in business productivity, profitability and success,” said Brent Willett, Chamber Executive Director. “Tuesday’s breakfast event is an opportunity to hear from one of the best wellness resources in the region in Ken. He’ll provide the group simple, actionable steps which, if taken, can contribute to an improved, efficient and congenial workplace environment,” he added.

The breakfast, which is open to Chamber members and non-members, will be hosted by Fairfield Nutrition, a Fairfield-based wellness and nutrition business. Guest will be provided coffee, tea and Fairfield Nutrition breakfast products, including natural energy shakes.

Cost to attend the one-hour Business Before Breakfast, which is supported by series sponsor SendOutCards Independent Distributor, is \$3 for Chamber members and \$5 for non-members. For more information, contact the Chamber at 641-472-2111, [chamber@fairfieldiowa.com](mailto:chamber@fairfieldiowa.com) or visit [FairfieldIowa.com](http://FairfieldIowa.com).

The Fairfield Area Chamber of Commerce is a non-profit organization dedicated to the advocacy of its more than 375 member partners. The Chamber works to support the individual success of each of its members and improve the business climate in which they operate through the stimulation of economic growth, enhancement of political awareness, promotion of civic development and advancement of the quality of life in the Fairfield,

Iowa area. The Chamber's 204 West Broadway offices also house the offices of the Fairfield Economic Development Association.

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