



Monthly Newsletter October 2016

A Closer Look at the Members of MMYP

Points of Interest:

- Sub-Committee's Meeting Update
- Professional Development Opportunities
- Community Events

If you haven't had a chance to gather with other MMYP members at one of our events, you may be wondering about the variety Young Professionals who have joined Wave. Here are a few interesting facts to get you more acquainted with the diversity of our organization.

- Wave MMYP is currently comprised of 114 Young Professionals from all walks of life.
- Three members make up the **Communications Committee**,
- The **Events and Activities Committee** consists of 13 members
- Two members are participating on the **Membership Committee**
- The **Professional Development and Community Service Committee** is made up of 26 members
- MMYP is lead by a **Steering Committee** that consists of 12 members
- The following businesses are represented by at least one Wave MMYP member:

Did you know?

Did you know that our 2017 MMYP Chair, Christine Padda, is certified in "Laughter Yoga?" For those of you not familiar, Laughter Yoga is a unique concept where anyone can laugh for no reason, without relying on humor, jokes or comedy. This class initiates laughter as an exercise in a group, but with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The reason it is called Laughter Yoga is that it combines laughter exercises with yoga breathing. This brings more oxygen to the body and the brain which makes one feel more energetic and healthy. The notion of Laughter Yoga is based on the scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same physiological and psychological benefits.

Christine is authorized to teach laughter yoga classes and train others to teach classes. She offers a free class on the second Saturday of every month at 2pm at the Harbors Building. For more information call 906-290-2444 or go to laughteryogayooper.com

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Looking to get involved with any sub-committees?

Contact:
mmyp@mandmchamber.com



Events & Activities Committee Recap

The Events and Activities Committee has been hard at work preparing Wave MMYP's 1st annual Dinner and Dance so that we can celebrate our first year as an organization. We would love to see you there, so please consider attending! **See email reminder for RSVP info or contact mmyp@mandmchamber.com by October 7th to reserve your spot.*

Interested in adding event planning/organizing to your resume or skills?

Join the committee! *Contact Jamie Dudek at jamieludek@yahoo.com*

Community Events

Who's Talking to Your Kids About Money?

Dates: Thursday, October 13th & Thursday November 10th

Location: Spies Public Library, Menominee

Details: This free educational workshop, designed for you and your child age 6 -10, will help you teach your kids about money and values.

RSVP: Contact Alan Dewitt at 920-430-0104 or email alan.dewitt@thrivent.com or RSVP at Thrivent.com/findaworkshop
RSVP is not required to attend.

Chain Reaction Day Event



Date: Saturday, October 22nd

Location: Members should meet at the Chamber and will then car-pool to specified locations.

Details: Marinette/Menominee Elderly Services is seeking volunteers to perform outdoor chores for local elderly residents, such as raking leaves.

RSVP: If you are interested in helping with this activity, please RSVP ASAP to mmyp@mandmchamber.com with your availability for this event date in your RSVP. Times will be based upon availability of partici-

Community Service

Young Lawyers Visit



Date: Saturday, October 8th

Time: Members should arrive at 9:30 AM. Guests will arrive from 9:45 AM-10:00 AM. Speaking will conclude by 12:00 PM.

Location: Members should meet at the Chamber

Details: Need 3-4 YP members to participate in discussion on quality of life in M/M area, activities they participate in, organizations they volunteer for, etc. Other community leaders will be speaking as well. Panelists will then be invited to dine at the M&M Yacht Club with guests at no charge.

RSVP: If you are interested in speaking please RSVP ASAP to mmyp@mandmchamber.com

Public Speaking

Wave-Organized Events

Social Media Seminar

Sponsored By: Thrivent Financial

Date: Thursday, October 20th

Time: 5:30 PM - 7:00 PM

Location: Best Western, Marinette

Price: Free to YP members + 1 guest
Non-Members - \$5.00

Details: How to brand yourself via social media and promote yourself professionally.

RSVP: Please RSVP by 10/14/16 to

Professional Development

Insurance Panel Discussion

Sponsored By: BAMC

Date: Wednesday, November 9th

Time: 12:30 PM - 1:30 PM

Location: Bay Area Medical Center, Michigan/Superior Room

Details: A panel including a local insurance agent, HR employee and hospital -based financial professionals will be gathering to discuss healthcare insurance with local Young Professionals and help provide an understanding of current insurance options, coverage and generalized explanations of health care coverage that is offered to Young Professionals through their employment .

Lunch will be included.

Price: Free to YP members

RSVP: Please RSVP by 11/4/16 to mmyp@mandmchamber.com

Health Insurance Awareness

Questions, Comments, or need more info?

Contact: mmyp@mandmchamber.com

Or visit the chamber's

webpage at www.mandmchamber.com

