

## inkPLUS, LLC



**inkPLUS, LLC opened for business in January. inkPLUS, LLC offers ink cartridge refills and sells refurbished ink and laser toner cartridges. It is located at 224 Broad Street in Downtown Rome.**

## SOHO HERO



**SOHO HERO™, a service center concept that provides business services tailored to SOHOs (Small Office/Home Office Professionals), celebrated its recent opening with a ribbon cutting. It is located at 1426 Turner McCall Blvd. (in Riverbend Shopping Center).**

## Spring Training V: A Homerun for WIN

BY SHARON BAKER, BSN, MN, PRESIDENT, THE WOMEN'S INFORMATION NETWORK, INC.  
AND SPRING TRAINING COORDINATOR

**T**his year's annual **Spring Training Program**, a free health screening, educational and lifestyle event sponsored by the **Women's Information Network, Inc.**, is scheduled for Saturday, March 31st. The health fair will be held at **The Forum** from 9:00 a.m. – 2:00 p.m.

The Spring Training Health Fair EXPO brings together over 40 agencies, which offer important health screenings to the citizens of Northwest Georgia. A partial listing of the screenings offered will include height/weight and blood pressure evaluation, bone density screening, glucose and lipid evaluations, screening for kidney disease, stroke, scoliosis, and more.

That evening, to kick off the four-week spring training health promotion, there will be a baseball-themed dance. The dance, "From Ballfield to Ballroom: Dancing on the Diamond," will feature dance instructor **Jeannie Schull** of **Berry College** and her students. Dance music and a DJ will add to the fun. Everyone is encouraged to come to this fund-raising dance and get active by dancing. Baseball-type refreshments will be served. The dance will be held at the Barron Stadium Annex from 7:00 p.m. - 10:00 p.m. Go to [www.infoforwomen.org](http://www.infoforwomen.org) to learn more about tickets.

As everyone knows, athletes begin their preparation for the season by focusing on fitness through a process they call spring training. Be more than a spectator this year. Pick up your own personal Spring Training scorecard at The Forum on March 31st or download the document at [www.infoforwomen.org](http://www.infoforwomen.org) and learn how to work on improving your health, safety and fitness for the next four weeks. Young or old, fit or fat, everyone can do something each day to improve their health.

Another way to join **Spring Training** is to form a team with nine other players and do the health activities together for four weeks. Eligibility rules, a team captain handbook and scorecards for all team members will be provided at The Forum on March 31st. ■

**NOTE!** Georgia is number one in the nation for obesity and sedentary lifestyles. This translates into billions of dollars spent for heart disease, diabetes, osteoporosis, and cancer. We can all work together to prevent diseases with good lifestyle habits, access to screenings, adequate knowledge and resources. We can also have a GOOD TIME DOING IT! Call Sharon Baker at 706.234.8483 or e-mail [baker8483@comcast.net](mailto:baker8483@comcast.net) for further information.

## Be A Chamber Star ... Receive the Chamber Rewards

**A**re you ready to be a Chamber Star? We want you to join us for the 2007 Greater Rome Chamber of Commerce Membership Drive. Vice-Chairman of Membership & Chairman-Elect **Randy Quick (LR, '00)**, South 107/Q102/WRGA, is pleased to announce that **Dr. Greg Sumner (LR, '00)**, Professional Screening & Information, has been named Chairman of the campaign.

The goal for this year's campaign has been set for \$25,000.00 in new Chamber memberships and we want your help.

You can be a Chamber Star and receive your rewards by participating on a team that will recruit new members or by donating a prize for our volunteers. Contact **Alison Smith (LR, '04)** at the Chamber at 706.291.7663 Ext. 306 or [asmith@romega.com](mailto:asmith@romega.com) if you are ready to shine!! ■