



Vocality Quartet

'NEW CD NOW AVAILABLE'

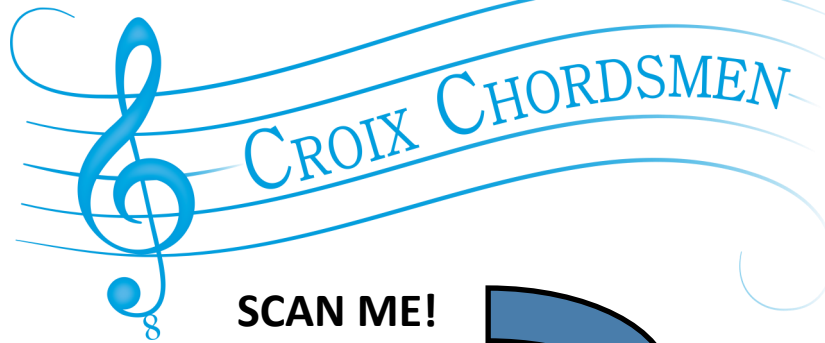
Land O' Lakes District Quartet Champions
(651) 206-2686 www.vocalityquartet.com

Lake Avenue Group, LLC
 Jay Althof
 PRESIDENT
 Business Consulting | Executive Leadership Mentoring

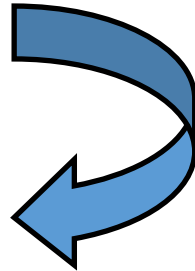
The diagram shows a central circle labeled 'Knowledge Based Sales Process' surrounded by six arrows pointing outwards, each with a label: 'Know Yourself', 'Know Your Client', 'Know the Community', 'Know Your Product / Service', 'Know How to Differentiate', and 'Know How to Keep the Customer'.

Lake Avenue Group, LLC

White Bear Lake, Minnesota
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SCAN ME!



LIKE TO SING? VISIT US

We meet every Tuesday night at 7:00pm throughout the year at Our Savior's Lutheran Church in Stillwater, MN. And we would love to have you visit us - no reservation required!

ABOUT THE CROIX CHORDSMEN

We are a group of men who like to sing! We have 40 active members from 17 different communities, coming from both sides of the St. Croix Valley, and from all walks of life. Through our rehearsals and singing engagements we have developed life-long friendships with each other and are, in a real sense, "a band of brothers!"

We love to share our joy of singing and welcome guests and prospective members, knowing they can find enjoyment and fellowship singing together. In addition to the fun, it is a proven fact that there are health and life-affirming benefits to singing. Here are just a few of the positive benefits of singing in a chorus:

- Building Social Connections*
- Strengthening Cardiovascular Health*
- Stimulating Brain-Soothing Endorphins*
- Reducing Stress*
- Increasing Self Confidence*
- Improving Energy Level*
- Enhancing Cognition and Memory*

If you, or someone you know, could benefit from a wholesome and fun activity, one that can re-energize and improve life, please connect with us.

Stop at our booth in the lobby for more information and pick up a brochure about the chorus! We always appreciate the opportunity to welcome another brother.

Contact Jon at (715) 495-2026 or email jontanberg@gmail.com

Guiding your journey toward an abundant life.

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West Wind
Supper Club

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