

presented by CHOWGIRLS & POLLEN MIDWEST

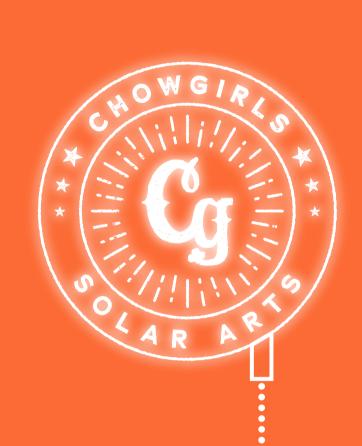
CHARGE: Power Up for More Meaningful Meetings

Chowgirls and Pollen invite you to rewire your mindset toward meetings, changing them from mundane to meaningful. CHARGE, a morning work retreat open house hosted at CHOWGIRLS @ SOLAR ARTS, focusses on creating positive and invigorating experiences to gather for work. Guests will discover a variety of meeting environments, mindful ways to engage their bodies and brains for more productive and less stressful meetings, fun and energizing brunch and snack buffets, and healthful drink choices for balance and wellness. During a mid-morning presentation, Chowgirls founders Heidi Andermack and Amy Brown will speak on sustainability and food trends along with Julie Cohen of Pollen who will share ideas to make your meetings more meaningful.



Wednesday, August 22, 2018		
RSVP —— BY —— 8.14.18	CHOWGIRLS @ SOLAR ARTS 711 15th Ave NE Minneapolis, MN 55413	8 AM — TO — 11 AM

RSVP



NOURISHMENT

Chowgirls will be launching a new wellness menu, sharing an array of exciting new foods, including a brunch spread with personal-sized chilaquiles and frittatas, chia puddings, grilled fruit, and mezze snacking platters with house-made pita.

FEATURED PARTNERS INCLUDE



GREEN BEE JUICERY organic cold-pressed juices



WELL ROOTED TEAS locally foraged herbal iced teas



APRÈS EVENT DÉCOR

furnishings



ALEX FREESE TRAINER

mindful movement +

meditative breathing



BIG WATT COFFEE

cold press coffee



BOGARTS DONUTS

donuts!



PEACE COFFEE

hot coffee + tea



NE WELLNESS chair massage + cupping + acupuncture



ST. PAUL BAGELRY

hand-crafted bagels



BETHINGS

seating + tables + walls + things



AVEX

audio visual



MN NICE CREAM soft-serve ice cream



RING TOSS TWINS

spinning eclectic tunes