

# charge

POWER UP FOR MORE  
MEANINGFUL MEETINGS

*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

RSVP

DROP YOUR BUSINESS CARD FOR A CHANCE TO WIN  
A TAKE-AWAY LUNCH EVERY 30 MINUTES.