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Photo provided

Just Say Yes!

61 Moraga Way, Suite 2, 925-705-3554 www.justsayyes.co

Just Say Yes Therapeutic Massage, an Indonesian-Influenced Studio.

After 11 years of bi-continental travel, practice and learning, especially in Thailand and Bali, Orinda certified massage therapist Kelly Greenwell has come back to stay. She opened a few weeks ago a studio downtown Orinda, above Peet's Coffee & Tea. She brings to Orinda the techniques she learned and incorporated in her classic training, forming her own method that she adapts to the different needs of her clients. "I studied acupressure, reflexology, shiatsu, and I've come up with my own approach, blending what I've learned," she says, "I do not have a massage menu, I customize based on the conversation I have with my clients. Some come for the relaxation, others may come with a lower back problem, and I will approach them accordingly." She also offers Thai massage, which is a different modality all together. "Clients are clothed and we work on a mat on the floor," she explains, "I guide their movements, opening the joints and pressing with my hands or feet on the 'sen lines' (the Thai equivalent to the Chinese meridians)."

News from the three Chambers of Commerce

Lafayette

There is no stopping the Lafayette Chamber of Commerce in its growth. This month, the Chamber greeted its 650th member - Karan Dhillon, The Contractor's Coach, www.thecontractorscoach.com - Beware Walnut Creek, Lafayette is getting close!

Mind Your Manners

Manners That Mean Business - a class presented by etiquette consultant Shashi Dosaj, on Monday, January 30, from 10-11am in the Lafayette Chamber of Commerce

Conference Room. According to Dosaj, research shows that people who are successful and effective in their careers or business develop not only an expertise in their field, but an overall polish in appearance and behavior. They know how to greet others and make introductions, converse on many subjects, dine with dignity and treat people of all levels with respect. Learning traditional rules of etiquette and decorum in today's high-speed, high-tech world of business are more important today than ever before. Topics covered: Self-presentation, professional image and body language for a favorable first impression; Handshake and introductions; Business card etiquette; Networking etiquette for building successful business relationships; Communication Etiquette - telephone/speakerphone/cell phone/voicemail.

Monthly Mixer at Town Hall Theatre, 3535 School St. on February 8, 5:30-7pm

The first Big Band Ballroom Dance of 2012 will be held on Friday, February 3 at the Rheem Theatre in Moraga. Free dance lessons by Gail Enright, 7- 8pm, dancing to the music of The Big Band of Rossmoor from 8-10pm. Tickets are \$10 and are available at the Chamber office.

Moraga

The Chamber of Commerce and the Moraga Rotary Club, in an effort to promote and reward the spirit of customer service in Moraga, have established an "Employee of the Month" program that will reward a different worker every month with \$100 in gift cards (to be spent, of course, in Moraga). "Everyone can nominate their favorite server, cashier, attendant, etc.," says Kevin Reneau, a Rotarian, Chamber Board Member, and owner of Senior Helpers. "Supervisors and business owners can also nominate someone." The forms are available online at moraga.ca.us or at moragarotary.org. The nomination forms should be faxed to (925) 376-8002 where Reneau will collect them and distribute them to the committee of Rotary and Chamber members who will meet each month to make the selection. "There are some areas of emphasis on the form that will be criteria for the selection and there

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are guidelines for nomination which the committee will also utilize," says Reneau, who wants the process to be open. The criteria include competence, customer service and community service. The monthly winners will be entered in a pool from which will be selected the Employee of the Year.

Orinda

The Chamber's Orinda Country Club Luncheon is scheduled for Friday, February 24, noon to 1:30pm at the Orinda Country Club, 315 Camino Sobrante. The cost is \$30 per person. The luncheon's speaker will be award-winning weekend anchor for NBC Bay Area News, and Orinda resident, Diane Dwyer. Reserve your seat by calling 254-3909, or e-mail the Chamber at info@orindachamber.org.

Reach the reporter at: info@lamorindaweekly.com

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