



Pull out tab section!

November



THIS MONTH'S FEATURES:

- INNSBIZ EXPO
- 2011 KIDNEY WALK
- ALZHEIMER'S 101
- INNSBROOK CONNECT
- BRIEF SNAPSHOT OF THIS MONTH'S EVENTS AND ACTIVITIES
- AT-A-GLANCE EVENTS CALENDAR

innsbiz EXPO – YOUR B2B CONNECTION

STAY CONNECTED WITHIN INNSBROOK

The Innsbiz Expo is beyond office. It takes your business to a social and network setting and allows the opportunity to “connect” by showcasing your products and services to business owners, key executives and other professionals.

On Thursday, November 17, come experience a one-of-a-kind opportunity to develop strategic partnerships and network with your Innsbrook business neighbors. Innsbiz Expo is a good time had by all as attendees stroll through the event at their own pace while enjoying light-fare appetizers, beer and wine and music all amidst the scenic backdrop of the North Shore Commons. Attendees mix, mingle and network it up for new marketing opportunities and building business-to-business relationships. See how the Innsbiz Expo can work for your business.



The Innsbrook business community is comprised of over 400 companies from Fortune 500s to regional headquarters and mid-sized to small firms. These are some of the most recognized and successful companies in central Virginia. For over 25 years, Innsbrook has proven to be a business location that consistently works to maximize the success of business by providing an environment that can dynamically sustain business.

DATE: THURSDAY, NOVEMBER 17

Time: 5 p.m. – 7 p.m.

Place: North Shore Commons
4951 Lake Brook Drive

Attendance Is Free And Open To The Public

There are still opportunities available for exhibitors:

- Exhibit space is free to Innsbrook CONNECT Corporate Partners
- Innsbrook CONNECT Associate Partners may reserve space for \$75
- Innsbrook companies may reserve space for \$100
- Non-Innsbrook companies may reserve space for \$125

- Network with potential new customers

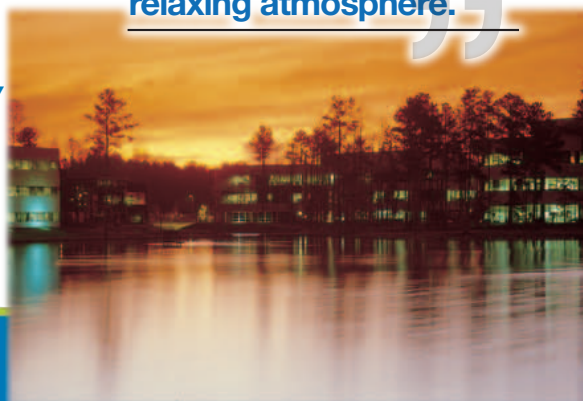
Innsbrook
CONNECT



- Build new B2B relationships within Innsbrook
- Meet executives and key decision makers
- Demonstrate your retail, corporate and support services firsthand

- Show your commitment to the Innsbrook business community

“The 2011 Innsbiz Expo will showcase over 30 Innsbrook area businesses in a fun and relaxing atmosphere.”



Register today, go to INNSBROOK.com

Innsbrook
FOUNDATION

Innsbrook
Owners Association

“Proud Supporters Of The Innsbiz Expo
And The Innsbrook CONNECT Initiative In Innsbrook's Future.”

2011 KIDNEY WALK



The stage is set for the 2011 Kidney Walk as patients, transplant recipients, organ donors, families, friends, teams, co-workers and other dedicated people come together in an effort to raise much-needed funds for the National Kidney Foundation.



National Kidney Foundation*

It's about the dynamic of people coming together to build team spirit while supporting a very good cause.

The friendly, non-competitive one-mile memorial walk

focuses on education and prevention of kidney disease and presents an opportunity to create lasting advocacy and long-term support for the millions of people with chronic kidney disease. The day is filled with exciting festivities, games, entertainment, giveaways, food, beverages and more.

Everyone is encouraged to walk – people of all ages can participate by walking individually or by forming a team. Teams range from two people to hundreds of people and are made up of companies, organizations, families, schools and clubs. The event is rain or shine and strollers are welcome.

SUNDAY, NOVEMBER 6TH

INNSBROOK'S SNAGAJOB PAVILION

CHECK-IN: 1 p.m. WALK: 2 p.m.



The National Kidney Foundation's mission is to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase the availability of all organs for transplantation. They do this through supporting research and research training, continuing education of health professionals, expanding patient services and community resources, educating the public, shaping health policy and fund raising.

Each individual walker who raises \$100 receives an official Kidney Walk t-shirt; those who raise \$200 will receive an official Kidney Walk t-shirt and tote bag! Raise \$1,000 or more and become part of the National Kidney Foundation's Kidney All-Star Club!

Register today, go to INNSBROOK.com



EVENTS & ACTIVITIES

Saturday, November 5

HomeAgain 5K

9 a.m.

Innsbrook Picnic Area
4222 Cox Rd.



Join us to raise funds to assist homeless families and individuals in Greater Richmond. Enjoy music, food, kids' zone, post-race awards ceremony and more. Prizes are awarded to the top three overall male and female runners.

Go to INNSBROOK.com

Sunday, November 6

Kidney Walk

1 p.m. – 4 p.m.

Innsbrook's Snagajob Pavilion
4951 Lake Brook Dr.



National Kidney Foundation*

You're invited to the Kidney Walk to raise funds for the National Kidney Foundation and support local programs in research, prevention, patient services, professional and public education, and organ donation awareness.

Go to INNSBROOK.com

Wednesday, November 9

**Innsbrook CONNECT
Executives' Breakfast Series**

7:15 a.m. – 8:45 a.m.

"The Place"

4036-C Cox Rd.

Learn tips to lower your company's operating costs, gain more customers and move excess inventory as Innsbrook Executives' Breakfast Series welcomes special guest Bill Meacham, President of BancMarc presenting "Smarter Companies Barter."

Go to INNSBROOK.com

Thursday, November 10

**Innsbrook Wellness Forum
Alzheimer's 101**

Noon – 1 p.m.

Markel Salon

4501 Highwoods Pkwy.

Join us as the Innsbrook Wellness Committee hosts a free forum discussing Alzheimer's Awareness in honor of National Alzheimer's Disease Awareness Month. Free to attend and lunch is provided by Silver Diner.

Go to INNSBROOK.com



Thursday, November 17

Innsbiz Expo

5 p.m. – 7 p.m.

North Shore Commons
4951 Lake Brook Dr.



The Innsbiz Expo will showcase over 30 Innsbrook area businesses in a fun and relaxing atmosphere as attendees enjoy light-fare appetizers, beer, wine and music.

Go to INNSBROOK.com

November 25 – December 24

Innsbrook Christmas Tree Lot

Monday – Thursday: 3 p.m. – 8 p.m.

Friday: 3 p.m. – 9 p.m.

Saturday: 10 a.m. – 9 p.m.

Sunday: 11 a.m. – 8 p.m.

Innsbrook Shoppes
Cox Rd. & Broad St.

For 13 years and counting Good Samaritan Ministries is selling Fraser fir and white pine trees with all proceeds going directly to buy gifts for children who attend the Commonwealth Christian Academy, a Richmond inner-city school for underprivileged children.

Go to INNSBROOK.com

November Is National Alzheimer's Disease Awareness Month

Join us Thursday, November 10 as the Innsbrook Wellness Committee hosts a free forum discussing Alzheimer's 101 in honor of National Alzheimer's Disease Awareness Month.

According to the Alzheimer's Association 2010 Alzheimer's Disease Facts and Figures report, there are more than 5 million Americans living with Alzheimer's and as many as 10 million family caregivers. Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior.

Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Innsbrook's Wellness Committee is dedicated to improving health and fitness in the Innsbrook community by promoting informative and educational events. The Wellness Committee presents forums exploring health topics like Alzheimer's awareness, stress, high blood pressure, cardiovascular disease, depression and more because education and awareness go a long way toward living a healthy lifestyle.



THE FORUM IS FREE TO ATTEND AND LUNCH IS PROVIDED BY SILVER DINER.

DATE: THURSDAY, NOVEMBER 10

Time: Noon – 1 p.m.

Place: Markel Salon
4501 Highwoods Parkway

RSVP today, go to INNSBROOK.com

Innsbrook CONNECT

Welcomes New Corporate & Associate Partners

Innsbrook CONNECT is a new networking program that combines Innsbrook programs you already know and enjoy – like Executives' Breakfast Series, B2B Lunch Meet events and Innsbiz After Hours Socials – into a convenient, one-stop Innsbrook networking opportunity.

Get CONNECTed for 2012 as an Associate Partner for only \$150 per person as an Innsbrook employee or \$225 if you work outside of Innsbrook, and receive the I-CONNECT benefits throughout the remainder of 2011 absolutely FREE! For information on corporate partnership, please contact Brian Menditto, Executive Director at brian.menditto@highwoods.com.

A SPECIAL ROUND OF APPLAUSE TO THE 2011/2012 INNSBROOK CONNECT MEMBERS



- Averett University
- Banzara Indian Cuisine
- Beach House Bar & Grille
- Bogese Financial Development, PLLC
- Capital Ale House
- Challa Law Offices
- Complete Automotive of Richmond
- Concentra Medical Center
- CorVel Corporation
- Corporate Living Solutions
- Cox Media Group
- Cushman & Wakefield/Thalimer
- DPR Construction
- Finn McCool's Irish Pub
- Firestone Complete Auto Care
- Highwoods Properties
- Independent Container Line Ltd.
- Joey's Hot Dogs
- KSPH, LLC
- MacLaren Jewelers
- Manpower
- Markel Corporation
- Minuteman Press
- Moe's Southwest Grill
- Pearson Kia
- Peoples Tax
- PrimeLending
- Silver Diner
- Stockner's Nursery
- The Place at Innsbrook
- Wells Fargo



MEETINGS Around Innsbrook

Tuesday, November 1, 8, 15, 22 & 29
Innsbrook Toastmasters
7:45 a.m. – 8:45 a.m.
Markel Salon
4501 Highwoods Pkwy.



Innsbrook Toastmasters meets every Tuesday, specializing in improving the communication and leadership skills of its members in a friendly and supportive environment.

Email: info@innsbrooktoastmasters.org
Web: innsbrook.freetoasthost.com

Wednesday, November 9 & 23
Power Lunch Expressions Club
Noon – 1 p.m.
AECOM
4840 Cox Rd.

Bring your lunch and learn with a friendly network of professionals to improve your public speaking, communication and leadership skills. Open to the public and no RSVP required.

Call Gay Rudis: (804) 741-4147
Email: gorudis@verizon.net

Thursday, November 10
Safety Board Meeting
8 a.m. – 9 a.m.
Markel Salon B
4501 Highwoods Pkwy.



You're invited to the Innsbrook Safety Board Meeting. We take safety seriously for the companies and people of Innsbrook.

Call Wendy Walton: (804) 290-2164
Email: wendy.walton@highwoods.com

Thursday, November 3, 10 & 17
Rotary Club Of Innsbrook
7:30 a.m., "The Place"
4036-C Cox Rd.



Innsbrook Rotary meets weekly for fellowship, breakfast, and an informative presentation from a guest speaker.

Call: Bill Mattox (804) 788-1000
Web: InnsbrookRotary.org

Wednesday, November 16
Business Book Club & Writer's Workshop
Noon – 12:30 p.m.
Dominion Campus
5000 Dominion Blvd.

Innsbrook's Business Book Club meets to discuss "From Paperboy to Boomer" and meet the author Rich Babbitt. Free to attend and open to the community.

Email: vishwa.bhargava@dom.com
Web: INNSBROOK.com

Thursday, November 17
Innsbrook Foundation/IBA Meeting
11:30 a.m. – 1 p.m.
5620 Cox Rd.



This team coordinates and delivers business networking, recreation, wellness, clubs, communications, sporting and special events and Innsbrook After Hours.

Call Stephanie Pelletier: (804) 217-8804
Web: INNSBROOK.com



INSIDE INNSBROOK is a regular special section of Innsbrook Today Magazine, the official monthly newsmagazine of the Innsbrook Corporate Center since 1991.

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For more information about news or advertising in Inside Innsbrook or Innsbrook Today Magazine, call Innsbrook Today Magazine (804) 418-7395.

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INSBROOK NOVEMBER EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy. 		Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd. 		HomeAgain 5K 9 a.m. Innsbrook Picnic Area 4222 Cox Rd. 
		1	2	3	4	5
Kidney Walk 1 p.m. – 4 p.m. Innsbrook's Snagajob Pavilion 4951 Lake Brook Dr.  National Kidney Foundation		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy. 	Innsbrook CONNECT Executives' Breakfast Series 7:15 a.m. – 8:45 a.m. "The Place" 4036-C Cox Rd.  Power Lunch Expressions Club Noon – 1 p.m. AECOM 4840 Cox Rd.	Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.  Safety Board Meeting 8 a.m. – 9 a.m. Markel Salon B 4501 Highwoods Pkwy.  Wellness Forum Alzheimer's 101 Noon – 1 p.m. Markel Salon 4501 Highwoods Pkwy. 		
DAYLIGHT SAVING TIME ENDS	6	7	8	9	10	11
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy. 	Business Book Club & Writer's Workshop Noon – 12:30 p.m. Dominion Campus 5000 Dominion Blvd.	Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.  Innsbrook Foundation/ IBA Board Meeting 11:30 a.m. – 1 p.m. 5620 Cox Rd.  Innsbiz Expo 5 p.m. – 7 p.m. North Shore Commons 4951 Lake Brook Dr.		
13	14	15	16	17	18	19
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy. 	Power Lunch Expressions Club Noon – 1 p.m. AECOM 4840 Cox Rd.	THANKSGIVING DAY 	Innsbrook Christmas Tree Lot 3 p.m. – 9 p.m. Innsbrook Shoppes Cox Rd. & Broad St. 	Innsbrook Christmas Tree Lot 10 a.m. – 9 p.m. Innsbrook Shoppes Cox Rd. & Broad St. 
20	21	22	23	24	25	26
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27	28	29				



MARKEL CORPORATION

12th Annual Innsbrook
Christmas Trees
 Grown In Virginia
 Open Daily
 All Proceeds Benefit
 The Good Samaritan Ministries



We Are Proud To Support Innsbrook Today Magazine's Inside Innsbrook, Another Strong Communication Component For The Innsbrook Community.