

ON THE HORIZON

March 8, 9 & 11, 2010 ***CHIP Class Continues*** (Green Vue/Classroom/Auditorium) 6:30 - 8:45 p.m.



Monday – Fats in the Fire
Tuesday – Fit At Any Age!
Thursday – Osteoporosis: The Calcium Robbers
Call CHIP Alumni at (815) 394-5017 for more information.

March 9, 2010 ***SCORE Monthly Meeting*** (Classroom) 9:00 a.m.

March 9, 2010 ***IDOT Workshop*** (Tee Vue) 10:00 a.m.

March 11, 18 & 25, 2010 ***Recording & Reporting Work Related Injury and Illness Webinar*** (Classroom or Via Internet) 10:00 a.m.



Employers and recordkeepers are responsible for recording, maintaining, and retaining records of work-related illnesses and injuries, posting certain records and reporting specific cases to OSHA under 1903 & 1904.

This three-part series will identify the requirements for recording and reporting as mandated by OSHA. While each session can stand alone, you need to attend all three sessions to gain a thorough understanding of the law. Our aim is to ensure that you are able to find answers to tough recording questions, and have confidence that the data you collect is correct. These interactive sessions give you plenty of opportunity to check your understanding of the requirements. Some of it you already know and some of it may surprise you. We'll have some fun figuring it all out. The cost of each session is \$30.00 or \$75.00 for all three sessions. To register, please contact Kelli Elliott at kelliott@eigerlab.org or (815) 965-3522 for registration information.

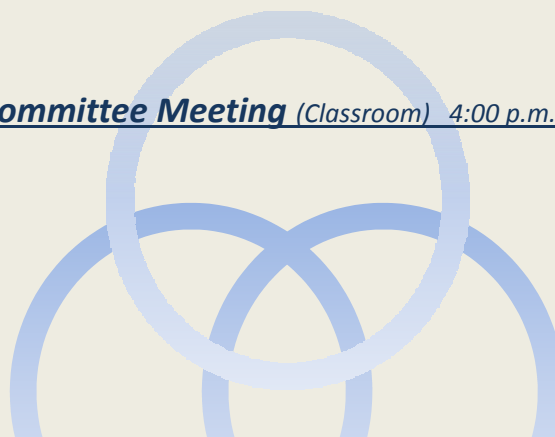
IN THE FUTURE

March 15, 16 & 18, 2010 ***CHIP Class Continues*** (Green Vue/Classroom/Auditorium) 6:30 - 8:45 p.m.



Monday – Lifestyle, Health & Disease Reversal
Tuesday – Ecology & The Optimal Diet
Thursday – Diet and Cancer
Call CHIP Alumni at (815) 394-5017 for more information.

March 16, 2010 ***Education Outreach Committee Meeting*** (Classroom) 4:00 p.m.



March 17, 2010 Waste to Profit Meeting (Classroom) 8:00 a.m.

An Environmental Management System will put procedures in place that help you gain efficiencies in your environmental management processes. These improved practices will drive you to reduce your environmental impacts and increase your operating efficiency. A robust system will direct your efforts in sustainability and facilitate your continuous improvement implementation efforts.

Chris Posey from Fehr-Graham will provide a brief overview of the important components of an environmental management system, as well as the benefits of having these components identified and organized in one location. The overview will touch very briefly on some of the requirements of each individual component, so that people are able to recognize what may or may not be required when assembling the system. Additionally, we will discuss how this could lay the groundwork for ISO-14001 certification, but can still be beneficial if that is not the goal.

Tim Pearse from Joseph Behr and Sons is a local company that has achieved ISO 14001 registration. Tim will provide some lessons they learned as they developed their EMS and provide examples of how it has benefited the company.

Visit www.imec.org and click on Events to register!

Questions? Contact Mary Hallock at mhallock@imec.org or 815-721-4474

March 18, 2010 Disaster Preparedness Workshop (Classroom) 1:00 p.m.

Who should attend this seminar?

Business Owners, Presidents, CEOs, Managers, Entrepreneurs, and other professionals who are responsible for the results of the business.

We know this economy is generating incredible risks for small businesses and threatening their survival.

This economy has negatively affected many businesses. That's why we are determined to give you the resources you need to survive and thrive. Attend this highly-interactive business assessment workshop to learn about the types of risks small businesses face and risk management strategies that not only increase survival, but their ability to compete!

In just 1.5 hours you will learn:

- The business, technological, natural or hazardous risks that jeopardize business survival
- How to assess the likelihood of a risk event happening to your business
- How to determine the impact to your business (i.e. financial, competitive, operational, etc.)
- Ways to lessen the overall impact of a potential risk event
- Strategies to help your business not only survive, but thrive by being more competitive!

Time: 1:00 – 2:30 pm - **Lunch Provided**

Where: ILSBDC at RVC, EIGERlab, 605 Fulton Ave, Rockford, IL 61103

Cost: **No Charge** (space is limited to 20 people)

REGISTER TODAY

Phone: 815.921.2081

Email: c.fuller@rockvalleycollege.edu

Website: www.ilsbdc.ecenterdirect.com

March 18, 2010 TECHWORKS Advisory Board Meeting (Tee Vue) 7:30 a.m.

March 22 & 23, 2010 CHIP Class Continues (Green Vue/Classroom/Auditorium) 6:30 - 8:45 p.m.

Monday – Atherosclerosis of the Mind

Tuesday – The Gift of Forgiveness

Thursday, March 25th – GRADUATION!

Call CHIP Alumni at (815) 394-5017 for more information.



March 23, 2010 Spectrum Board Meeting (Classroom) 11:30 a.m.

OFFICE SPACE



Do you know of anyone looking for affordable office space? The EIGERlab offers:

Office Space Starting at \$150 Per Month

- *Office Furniture*
- *All Utilities*
- *WiFi and Internet*
- *Use of Common Areas*
- *Use of Deluxe Copier*
- *Use of Fax Machine*
- *Opportunity to work in a Collaborative Environment*



Please contact Mike Cobert at (815) 298-0136 for more information.

