

Content crafted by Women in Business designed to get you engaged with other like-minded individuals.  
We provide a support network fostering an unbiased environment in promotion of the professional and personal growth of women.



## Women In Business

**UNCORKED**  
*Networking & Wine Tasting*

March 28th 4:00pm - 6:00pm  
Chamber of Commerce Office  
9923 - 103st. Fort Sask

[REGISTER HERE!](#)

### Women Uncorked

*Join us March 28th at the Chamber of Commerce.*

Sponsor this event. Sponsor receives logo placement on all advertisement, recognition at the event and a speaking opportunity at the event. Please contact [Alana](#) for more information

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International Womens'  
Day 2018 - Tickets On  
Sale

International Womens' Day tickets now on sale. Purchase them at the Chamber of Commerce or online at [Eventbite](#)

**Tickets only \$35**



## Welcome new Committee Members

Stacy Westman - The Meals Maven

Rachel Spirig - Body Unique Fitness

Victoria Armstrong - Master Cleaners

Jaqulynn Hafner - All State Insurance

## Member Profile - Karen Katerenchuk

*Owner - Dogtrix Doggy Daycare, Grooming and Training Centre* [Email](#)

[Karen](#)

### 1. What did you want to be when you grew up?

To work at a zoo... Some days I think that has come true ha ha!

2. ....so how did you get to where you are today? Hard work, long hours and an incredible determination to succeed. Of course we can't forget my parents and boyfriend (now husband) taking a chance on their 18-year-old's dream. Not to mention the huge support I receive daily from our customers. Our clients are the reason we are still thriving in this community

### 3. What advice would you give your younger entrepreneurial self?

Same thing I tell my middle-age entrepreneurial self ha ha Ha! Don't sweat the small stuff. Relax and enjoy the journey.

### 4. What do you love about Fort Saskatchewan?

I grew up here and now we're raising our 2 kids here, what's not to love!

### 5. When you're not running your business, where would we find you?

On vacation!



**6. What is one thing that people don't know about you?**

I was an 18-year-old dog walker at Dogtrix when I was offered to buy the business. My parents let me use all the money I had for post secondary school to purchase the doggie daycare. Which 15 years ago dog daycare is barely existed! They believed me when I said I would take Dogtrix and turn it into the largest most successful doggy daycare in Fort Saskatchewan.

**7. If we're buying, what are you having?**

Beer and wings :-)



## Women's Health Clinic

Getting regular checkups and preventive screening tests are among the most important things you can do to maintain your health. As you go through various life stages, from starting a family to experiencing menopause, your health needs will change. This women centered health clinic run by our Nurse Practitioner offers:

[More Info Here](#)

## Heart Healthy Foods

- Oatmeal
- Brown or Wild Rice
- Salmon
- Sardines
- Tuna
- Walnuts
- Almonds
- Flax Seeds
- Berries
- Olive Oil
- Broccoli
- Carrots
- Sweet Potatoes
- Red Bell Peppers
- Black Beans
- Kidney Beans
- Spinach
- Green Tea
- Red Wine
- Cantaloupe
- Papaya
- Acron Squash
- Tomatoes
- Oranges
- Asparagus
- Avocados

strengthandsunshine.wordpress.com

## February Deals

Do you have a deal you want to offer or advertise to the Women in Business network? Send your advertisement to Alana to be featured [here](#)

## Fort Sask Public Library

The Fort Saskatchewan Public Library and Families First are encouraging individuals and families to stay fit and have fun. Pick up a Physical Literacy Passport at the Library, Families First, GoodLife Fitness, DOW or Harbour Pool. Complete five physical activities, fill out the passport and return it to the Library to receive a free BodyBreak bracelet and free admission to Harbour Pool, as well as entry to some awesome grand prizes including two six month memberships to GoodLife Fitness.



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## Mark Your Calendar

If you're having an event, let us know and we will promote it for you! email [Alana Seymour](#) with your event

### Health & Wellness Expo

March 1

4:00 pm - 6:00 pm

[More Details Here](#)



### Grand Re-Opening Liberty

February 26th, 2018

11:00 am - 12:00 pm

[More Details Here](#)



### Grand Opening Supplement King

February 24th

2:00 pm - 3:00 pm

[More Details Here](#)

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## Welcome New Members

Kumon Math and Reading Centre - [Member Details](#)

Re/Max Elite - [Member Details](#)

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## Do you want to be more involved with Women In Business?

Women in Business is looking for volunteers to help plan their Mad Hatters High Tea to take place in spring 2018. If you are interest please contact [Alana](#)

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# Member Meetup

## Member Meetups

Throughout the year, we will host Women in Business events, but we're also looking to showcase you and your place of business. If you're looking to host a networking event for our Member Meetup series, let us know! We'd love to be a part of it!

[Host a Member Meetup](#)



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To Contact the Fort Saskatchewan Women in Business Committee please email [fwib@fortsaskchamber.com](mailto:fwib@fortsaskchamber.com) or call (780)998-4355