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MODC Matters

A Publication of the Monmouth-Ocean Development Council
(732) 751-8696 Fax (732) 751-8698 www.modc.com

E-Newsletter

December 2018

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Upcoming Events

Annual Holiday Luncheon
Friday, December 14, 2019
Doubletree Hotel, Tinton Falls

Clean Energy Seminar
Thursday, January 10, 2019
New Jersey Natural Gas, Wall

*For details on the events listed above,
please visit www.modc.com*

Recent Events

Mix Mingle & Shop



November General Membership Luncheon



Strategic Partnerships Seminar



**Would you be interested
in hosting a Business After Hours
event?**

If you are a MODC member interested in hosting a "Business After Hours" event at your office location, please call the MODC office for more information - 732-751-8696.



MODC's Business Publication is on the news stands! You can pick one up at any of our events or at the MODC office. You may also download a copy of the magazine by clicking [here](#).



"NJ Stormwatch"

To check the status of MODC activities which may be affected by inclement weather conditions log on to www.wobm.com or www.943thepoint.com and type *NJ Stormwatch* in the search box to obtain up to date information.

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Welcome New Members

Alyse Liebowitz

3 Chicks That Click Photography

Jennifer Noone

Merrill Lynch

Business \$ense

Is Your Office Job Affecting Your Health?

A study by mobile personal training company GYMGUYZ revealed the extent to which an office job can affect a person's attitude towards exercising, with 57 percent blaming their sedentary office job for a decline in their health and fitness. That might be because of the sheer amount of time sitting at a desk. Ninety-two percent said they regularly have days where they spend most of the day sitting down. Of particular concern, six in ten (58 percent) said this is very regularly their norm.

[Click here to view entire article](#)

Reminder

The MODC Membership Directory is available to members free of charge at any time in either



electronic or hard copy format. The directory is updated daily so call or e-mail the office to receive your current copy now.

**THANK YOU to these MODC Members
for referring new members to us!**

Frankie Browne
The Atlantic Club

MODC's Social Media Groups

An added benefit of your MODC membership is the opportunity to join our social media groups on LinkedIn and Facebook, where you can connect with other members and help promote yourself and your business to them.

<https://www.facebook.com/groups/MODCGroup/>

<https://www.linkedin.com/groups/2732604>

This space is available for
MODC member advertising!
Contact the MODC office for details.

Quick Links

MODC Website
<http://modc.com>

Don't forget to check out our Member Benefits section of the website (see link on yellow column to the left) for discounts on Six Flags Great Adventure Tickets, Lakewood BlueClaws SkyBox opportunities and much more.

Event Registration
<http://modc.com/events.html>

Member Benefits
<http://modc.com/memberbenefits.html>

More About Us
<http://modc.com/contact.html>

Gerri Burns

IDTSecure



gerriburns@legalshieldassociate.com
www.gerriburns.com
(732) 416-6053

Upcoming Committee Meetings

Meetings are held 8:30 am at the MODC office unless otherwise noted below.

- Dec 10 Nonprofit
- Dec 12 Marketing, **3:30 pm**
- Dec 17 Cultural & Tourism
- Dec 18 Energy & Environment
- Dec 19 Business Growth & Management
- Dec 20 Technology
- Jan 23 Government Relations
- Jan 25 Economic Development, NJNG, Wall

Monmouth-Ocean Development Council, 4814 Outlook Dr., Suite 102, Wall, NJ 07753

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