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business briefs



Liz Talbot, trainer and nutritionist, now in Lamorinda. Photo provided

helps me to stay motivated while I'm pregnant and would really rather just nap than exercise." Talbot herself is the mom of a 9-month-old baby. "I love what I do," says Talbot. "What we're eating and how we're using our bodies is fundamental to our wellbeing."

Amphora Nueva

www.amphoranueva.com

Claire and Nathan Bradley, owners of the Berkeley-based olive oil and balsamic vinegar company Amphora Nueva, recently confirmed that they plan to open next to The Cooperage in downtown Lafayette, probably in September. The Amphora Nueva concept is to offer local olive oils and vinegars in large stainless steel containers that people can taste and pour into the containers of their choice.

Happy Fit

(925) 289-8731

www.happyfithealthcoaching.com

Liz Talbot designs custom nutrition and fitness plans for individuals. Her first office was located in Walnut Creek and she recently expanded to Lamorinda. "I offer classes through a private studio in Moraga and also go to people's homes," she says. Talbot graduated from Cal in 2007 and is married to Campolindo alum Matthew Talbot (now a lawyer). She is an ACSM certified personal trainer, ISSA certified fitness nutritionist, and Yoga Alliance certified yoga instructor. In addition, she's studied wellness coaching and is trained in ACSM's Wellcoaches technique. "I am so happy to have found Liz through the Lamorinda Mom's Club," says Erica Barr. "Her experience and approach to training has been beneficial in many ways ... Liz

News from the three Chambers of Commerce Lafayette

The Young Professionals Group will meet at 5:30 p.m. on Thursday, July 31 in the chamber conference room. Stephanie Shaterian of FLO Content will discuss a process for creating unique, creative and compelling videos. The Young Professionals Group is for those 21-39 years old. For more information go to www.meetup.com/Young-Professionals-Group-Lafayette-CA.

Join us for a ribbon-cutting at 5 p.m. on Thursday, Aug. 14 at Indigo & Poppy, 1009 Oak Hill Road.

Moraga

A free training for chamber members looking to maximize their presence on the Shop Moraga First website will take place at 6 p.m. on Monday, Aug. 4 at Saint Mary's College. Following the training session, the chamber will launch the program to the public in a series of ads, slogans and messages that will drive community members to the site where they will be able to search via keywords, print coupons and look for specials that will keep them shopping here in Moraga. Contact

Kathe Nelson at (925) 323-6524 to reserve a seat for the training.

Orinda

The next chamber mixer will be held from 5:30 to 7 p.m. on Aug. 19 at Casa Orinda Restaurant, 20 Bryant Way.



Executive director Kathe Nelson reports that the 3rd annual Moraga Chamber Golf Tournament, played on July 14, was a great success. Photo Christina French

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