

Post-Bulletin

Heard on the Street: RAC meeting focuses on health, business

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What do you get when you add up RAC, Gruve and EchoMetrics, beside a string of odd sounds?

The answer? Possibly a healthier life in addition to a more vital business with healthier employees.

A meeting, hosted by the Rochester Athletic Club Tuesday at 7 p.m., will focus on health from a personal perspective as well as how it impacts a business.

Two Rochester-developed companies Muve and EchoMetrics will be profiled along with their services provided through the RAC.

Muve is the company founded by Mayo Clinic's Dr. James Levine that he won the Minnesota Cup start-up company award with a few years ago. Now, the Twin Cities firm has its super pedometer-like widget the Gruve on the market to track how many calories the wearer is burning with every moment.

And then there's EchoMetrics, a Rochester company founded by Dr. James Steward, which opened its downtown office only a few months ago. It focuses on interpreting echocardiograms or heart scans.

Expect RAC General Manager Greg Lappin to speak about surviving and thriving in difficult times. Andy Wood, the former director of corporate wellness for General Mills and now an executive at Muve, will chat about how a small company can improve employees' health with little financial investment.

The event is free and open to the public, but you need to register to attend. For more information or to register, e-mail or call Mike Kelsey at melsey@rochesterathleticclub.com or call 287-9326.

Rochester Rock rolls

Even a company that uses an immovable rock as a symbol sometimes shake things up by shifting offices and staff around like a minor quake along a fault line.

Two Prudential offices offering different services will soon jumble together to form a new Rochester foundation for the firm that re-established its presence here back in 2007.

Rob Landgraf, a Prudential financial advisor and insurance agent, is moving his desk into the Prudential Lovejoy Realty, Inc. office at 2215 Second St. S.W.

"It does a lot of good for the both of us," says Landgraf of the move. He hopes to make the move from the Rochester Executive Suites complex on 19th Street Northwest Saturday.

Tuning in

Benyi Atohoun hopes to pick up signals as well as business in Rochester soon as he opens his third Global Wireless Center in southeastern Minnesota. His first two are in Austin and Albert Lea.

Atohoun offers Dish Network and DirecTV satellite television installation as well as Qwest and T-Mobile wireless phone service.

He plans to open soon with three employees at 1715 37th Street N.W. George Rownd of Braasch Commercial Real Estate handled the deal.

Biz buzz



Jeff
Kiger

- **"Opening Soon Coffee House & Sandwich Shop" proclaims a sign in a store front window on Rochester's Second Street Southwest across from St. Marys Hospital.**

This is the space at 1217 Second St. S.W., where the Rainbow Cafe was until it closed in 2007. Beside coffee and sandwiches, the signs says it will include exclusive artwork from a local artist.

I should have more on this soon.

- **Looks like JETS Gymnastics will probably vault this week into its new 23,000-square-foot Rochester gym at the corner of Viola Road and East Circle Drive.**

The plan, according to JETS Web site, is to have an open house Saturday at the new facility at 2440 Clare Lane N.E.

[Jeff Kiger](#) covers business for the Post-Bulletin. Check out his blog, [Kiger's Notebook](#).

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