

Mistakes of First-Time Business Owners

Q4 2022

If you're thinking about starting your own business, congratulations! This is a very exciting time. However, it's also important to be aware of the potential mistakes that first-time business owners often make. By knowing what these mistakes are, you can avoid them and set your business up for success from the start.

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# **Staying Healthy with a Busy Lifestyle**

It can be tough to stay healthy when you have a busy lifestyle. Between work, family and social obligations, there never seem to be enough hours in the day to fit in a workout or healthy meal. But with a little bit of organization and planning, it is possible to maintain a healthy lifestyle even when you're on the go.

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### **AIBC Member Benefits**

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**Now visiting the doctor is easier than ever before.** Avoid the waiting room and inconvenience of going to the doctor's office. Visit a doctor by phone, secure video or MDLIVE App. Doctors are available 24/7 and family members are also eligible.

- Pay \$0 out of pocket for medical consultations.
- 3 FREE Talk Therapy consultations per person, per calendar year and then \$90 per hour.
- Dermatology consultations are \$59 per video consult.

2,600 visits in Sept. 2022	1,673 activations in Sept. 2022
23,962 visits in 2022 YTD	91,421 activations since inception

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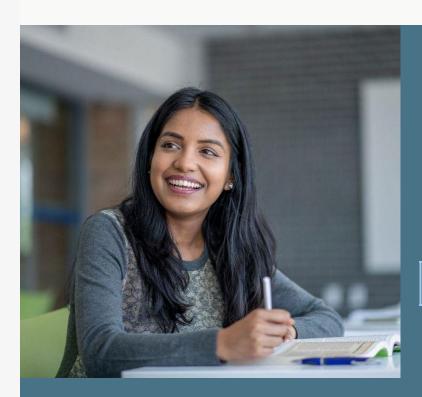
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### **Testimonials**

"Yesterday, I was excited to receive your letter notifying me that I had been awarded a 2022 scholarship from AIBC. I want to thank you and let you know how much I appreciate this chance to be linked with an organization that champions the drive, facilitates the

successes and celebrates the uniqueness of small businesses.

My family's history made up of many entrepreneurs and I am one, myself.

I will continue to work to pay for my college as a small business owner. This scholarship from AIBC will very much help me to meet my financial goals related to this and I am most appreciative. I will make AIBC proud as I continue the coalition's tradition and my own family's tradition of self-reliance, independence, excellence and hard work and I progress towards graduation.

I am so grateful to this committee for this opportunity to be awarded for merit and my achievements. Please know that this award only motivates me more to continue to set and achieve my goals. AIBC's recognition of my hard work is gratifying and rewarding. Please know what an impact this committee and this scholarship has made on me as a college student. Thank you all."

- Bella Kohnke

Dear American Independent Business Coalition,
I'm writing to thank you for your generous scholarship,
I was so appreciative to learn that I was selected to
be a recipient. By amounding me this scholarship,
You've lightened my financial burden, which allows
me to focus on the most important aspect of school:
I learning. Your generosity has been so inspiring to
me, and I hope one day I'll be able to help students
achieve their goals just as you've helped me.

Thank you again.

### Sponsorships

AIBC believes strongly in cultivating a culture of cooperation with the community. To that end, the Executive Board of AIBC continues to seek out good people that work to make a difference to the lives of those in need. We are proud to sponsor numerous organizations and we applaud them for their tireless dedication. Here are two examples below:





For information regarding your membership and association services, call or write:

Membership Services Office American Business Coalition

12444 Powerscourt Drive Suite 500A St. Louis, MO 63131 1.833.418.0968







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Benefits may not be available in all membership levels. For more information, or to upgrade your membership, please call 1.833.418.0968.