

WOMEN in BUSINESS



"The most successful entrepreneurs I know are optimistic. It's part of the job description."

- Caterina Fake

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At Amanda's Family Hearing, we're delighted to introduce audiologists Nicole Smith, Au.D., and Kevin Burkitt, Au.D., and expand our team of expert providers committed to serving you.

Dr. Smith, a proud Akron Zips alumnus who received her audiology doctorate from Northeast Ohio Au.D. Consortium, has been passionate about hearing wellness for over a decade.

Dr. Burkitt, an audiologist for 23 years, earned his Master's degree in

audiology from Michigan State, his doctorate in audiology at AT Still University, and is excited to call Cleveland home after a robust career in Michigan.

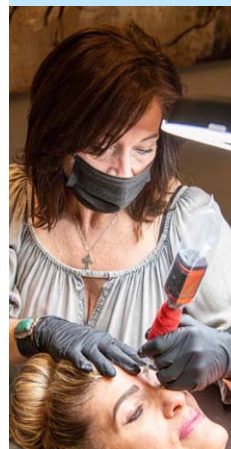
We're welcoming new patients, so don't wait. Licensed audiologists are specially trained to help prevent, evaluate, and address hearing, tinnitus, and balance issues, and we'd love to help you.

With the holidays near, now's the perfect time to ensure you're hearing your best. Schedule your hearing test today!

Amanda's Family Hearing in Painesville offers patient-centered hearing health care.

Microblading By Sue

Microblading By Sue was founded in 2018 and specializes in permanent makeup eyebrows. Powder Brows is her #1 most requested service and is good for all skin types. Besides looking fabulous with no effort, the other benefits include enhanced confidence & self esteem, looking years younger and saving time & money applying daily makeup. Safe tattoo removal of old work you may be dissatisfied with is also offered!



Sue is currently offering these special deals for first time clients only:

First session \$25 off touch up not included
For full package \$50 off touch up included
For more information please go to the webpage:
www.microbladingbysue.com or email her at:
Sueseaman.villa@gmail.com

For free phone consults please call 216-390-1176.
Located at 6449 Wilson Mills Road in Mayfield.

Build Confidence you Desire, Create the Brows you deserve!

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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



Laura Mutsko
Owner & Licensed Agent

Honesty • Integrity
Stability

Welcome to Blue Sky Yoga and Healing Arts!

Did you know that the Centers for Disease Control (CDC), has said that 90 percent of all illness and disease is related to stress? Harvard, Yale, The Mayo Clinic, The Cleveland Clinic and the list goes on and all agree.

Stress can interfere with your physical functioning, and how your body and mind process what is happening moment to moment. Your sympathetic nervous system is responsible for how your body reacts to danger and is responsible for the fight or flight response. When we are stressed, the brain goes into fight or flight mode; our heart beats faster, blood pressure rises, adrenalin and cortisol are released into our system, your body is using all its energy on the most crucial priorities and functions, and that's great if you have to react to a life-threatening situation but not so great for just thinking about a deadline, bills, finances, health, or just the day-to-day ups and downs that we just **can't control**. Living in a prolonged state of high alert and stress (when there isn't any real reason for it) can be detrimental to your physical and mental health. People who are often in a state of anxiety, worry, anger, tension, pain and irritation, find they have poor sleep, high blood pressure, and even heart disease. Yoga activates the parasympathetic nervous system, rest and digest, which makes sure things are balanced. It works



to relax you and helps conserve and restore energy. Yoga teaches you how your breath can help relax your body and mind. The gentle stretches and postures cause the body to release the good "happy" hormones, serotonin, dopamine, and oxytocin which help promote happiness and pleasure while reducing depression and anxiety.

We have a wonderful, experienced, friendly and nonjudgmental teaching staff who will support you in every way. For only \$7 come check us out and see how you feel!

www.BlueSkyYogaOhio.com

Did you know?

The employment outlook for women over the next several years is very good. According to the U.S. Bureau of Labor Statistics, women predominate in many fields that projections suggest will have considerable openings through 2026. In its job openings projections that estimated openings between 2016 and 2026, the BLS found that 13 of the 20 occupations with the best employment outlook employed more women than men in 2016. Childcare workers, registered nurses, nursing assistants, and home health aides were all professions that were dominated by women, and the BLS anticipated that each profession would have considerable openings through 2026. The field of nursing figures to be especially good to women in the coming years, as the BLS estimated, in its recent "Occupational Outlook Handbook," that employment of registered nurses was projected to grow by 12 percent between 2018 and 2028. Registered nurses, 90 percent of whom are women according to the BLS, figure to benefit greatly from this rosy employment outlook.

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Amanda Alafi

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Amanda Barbur, Owner & Au.D.



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LOOK FABULOUS WITH NO EFFORT!

- Best technique for all skin types
- Enhance confidence & self esteem
- Look years younger
- Save time & money applying daily makeup



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I am currently offering these special deals for first time clients only:

First session \$25 off touch up not included
For full package \$50 off touch up included

BUILD CONFIDENCE YOU DESIRE, CREATE THE BROWS YOU DESERVE.

For more information please go to the webpage: www.microbladingbysue.com or email me at: Sueseaman.villa@gmail.com

For free phone consults, please call 216-390-1176
 We are located at:
 6449 Wilson Mills Road in Mayfield



MAKE OUR OFFICE YOUR OFFICE!



Reimagine your workspace with historic charm and all the conveniences of a modern office. The Charlton Abbott building in downtown Willoughby exists to help three important

there still is a need for a meeting place where like-minded individuals can network and hold large meetings.”

“My husband, Ken Boyd and I opened The Way Virtual Offices at The Charlton Abbott to offer the community a new way to work. One that not only increases productivity, promotes community building, and saves people money... but raises funds for worthy non-profits.”

THE CHARLTON ABBOTT OFFERS:

- Individual Offices
- Co-working space
- Conference Rooms
- High-speed secure WIFI
- Networked color printer
- On-site shredding services
- Dedicated parking
- Locally roasted coffee
- The Kennedy Cafe
- Day Passes and Business Memberships

It's just like working from home but without the work from home distractions.

Offices starting at \$20 per month!
 Meeting spaces starting at \$25 per hour!

Stop in, take a tour and learn what's distinctive about us and our services.

The Way Virtual Offices at The Charlton Abbott
 37903 Euclid Ave.

Willoughby, Ohio 44094
 440-710-6561

www.thecharltonabbott.com

areas within our business society:

1) **Non-Profits:** Through its member's monthly subscriptions, The Way Virtual Offices creates a steady flow of sustainable non-profit funding for several worthy causes in Lake County.

2) **Community:** Committed to serving the local community, The Charlton Abbott Virtual Office invests substantial capital to renovate and update important local landmarks.

3) **Business:** There is no longer a need for local businesses and entrepreneurs to spend considerable money on expensive office space. Monthly membership plans save money and help facilitate important relationships with other local business people.

“If the past few years have taught business anything, it is that nothing is for certain. And as more businesses work virtually from home, the old expensive office building or suite is becoming a thing of the past.” Owner, Lisa DeSico-Boyd replies, “However,



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prefer to put your trust in an established member of your community instead of an 800#?

As a local Independent Insurance Agent and Broker, I provide:

Unbiased Advice: Insurance is not one-size fits-all. Because I work with many of the most respected insurance companies in the country, I can help guide you to the insurance plan that will provide the best coverage for you with your doctors, your hospitals and your prescriptions.

Help with questions: With someone who is local, you have someone you can turn to when you have questions. You have someone you can sit down with face to face.

Help with appeals: Questioning

your insurance company can be intimidating. If you need help filing an appeal, I am here to help you navigate the appeals process, step by step.

Plus, there is never a charge for my services. It is what I do for all my customers.

Medicare's Open Enrollment period begins today, October 15, and runs through December 7. You can spend hours comparing plans on your own or you put your trust in the hands of a professional. Call me, Laura Mutsko at Mutsko Insurance Services at 440-255-5700 or email me at Lmutsko@mutskoinsurance.com to discuss your coverage for 2023.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



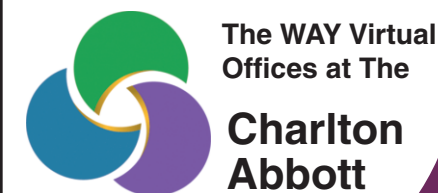
Take Time to Browse and Shop Local

Christmas World in Ashtabula

Enjoy the holidays by taking a trip down Rt. 20 in Ashtabula County and visit one of the area's most unique Christmas and Gift Shops where you can find decorations for all seasons!

Welcome to Catherine's Christmas

The area's largest gift shop. A beautiful century home filled with timeless treasures and shimmering trees. We are a family destination that you'll want to visit year after year. The perfect place where small town people can celebrate Christmas in a big town way!



The WAY Virtual Offices at The

Charlton Abbott

37903 Euclid Ave.
Willoughby

Introducing The Charlton Abbott

Your premier virtual business community

A collaborative venue to facilitate and advance your professional opportunities!

Be part of our business community!

The Charlton Abbott offers state-of-the-art co-working spaces, private offices, conference rooms, and a porch for outdoor gathering events in a historic, community setting.



NOW OPEN!
440-710-6561



Stop in for a tour today with this ad!

Working from home? Reimagine your work space - Try The Charlton Abbott for a week for \$25! Call us 440-710-6561

Available Amenities:

- High-speed, secure private/public Wi-Fi
- TV monitors & white boards
- Professional business address
- Dedicated parking
- Virtual mailboxes & mailing services
- Cafe: food/beverages, catering service and our unique coffee club membership
- Private offices
- Co-working spaces
- Walking distance to Downtown Willoughby

BEST VERSION OF YOU

by Pamela D. Kurt

DREAM. BELIEVE. ACHIEVE.
DBA: YOU!

As I was speaking at summits, doing interviews, and writing; I felt



the need and saw the vision. We are stronger through unity and you are most powerful, fulfilled and purposeful when you are your

authentic self.

My longing to help women inspired a signature program, Best Version of You. This platform provides the means for women to be the best they can be. The Best Version of YOU leads to your authentic self and reveals your true purpose(s).

Then you can truly Dream. Believe. Achieve. DBA: YOU! or "Do Business As YOU!" I want

women (you) to be empowered, to take it to the next level, to be unstoppable.

Women who know me, personally or professionally tell me, "I see the good you're doing. You are uniting and empowering us. You are creating community."

OPPORTUNITY

This community is about collaboration NOT competition, and that's empowering. Ladies are offering the best version of themselves to the community and finding it supporting and satisfying. Others are becoming affiliate coaches and contributing to an international global community.

My immediate goal is to strengthen the movement in Northeast Ohio. Would you like to help?

COMMUNITY - IS THIS FOR YOU?

The membership platform will have free resources, discounts for merchandise and workshops, and the community of the Best Version of



DREAM. BELIEVE. ACHIEVE.

You.

Ask yourself these questions:

1. Are you a lady who puts yourself last on your "to-do list?"
2. Do you dread Sunday night, knowing you have to go back to work on Monday?
3. Do you believe there must be more, but you're not sure how to realize it?
4. Do you want to recharge, but nothing works?

EVERYONE HAS A STORY

Some of us have gone through some pretty tough times and survived but maybe not healed. Or have healed

and still need support. Or just are unsure of life.

Believe it or not, a lot of our stories are similar, but every story has its uniqueness. YOU! Collaboration allows you to share. Sharing your story not only helps you, it touches others and changes lives.

Invest in yourself, become the Best Version of You, and you truly help others. We all need to see strong women in our life. Consider joining the community, sign up for a discovery call, buy a book, attend a summit, or worship. You know you are worth it. Take the first step.

What are you waiting for?

I look forward to working with you! Don't forget...you are amazing and the person you can help is out there waiting for you.

Want work-life balance? Get your FREE copy of "5 Steps to Work-Life Balance" Go to: bestversionyou.com and ORDER NOW! Become an Unstoppable Woman

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We Offer Low Interest or No Interest Bank Financing



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Women in Business

Klemenc Construction Co. proudly supports and salutes the women, our daughters, and grand daughters that are "trailblazers, innovators, explorers and disrupters who encourage, motivate and push us to reach new heights -- in business and in life."

*Susanne Klemenc, President
Klemenc Construction Co., Inc.*



Best Version of YOU

DREAM. BELIEVE. ACHIEVE.

Hi, I'm Coach Pam. You know you are more than what's holding you back. Whether you are looking to pivot to a new career, level up at your current career, or find what you feel is missing, I want to help you on your journey to be the Best Version of YOU! I am an attorney. My passion of supporting my clients going through life's hard transitions guided me to my purpose. I started Best Version of You, LLC to be a life coach for professional women and that evolved into a desire to help all women. I co-authored the Everyday Women and Unstoppable Women series, six (6) books that have reached international and Amazon best-seller status.

Best Version of You is a company that focuses on assisting women to be the best version of themselves. It is about collaboration and not competition. How do we level up? How do we survive work-life balance? What makes you the best version of you? While discussing various topics and offering the needed support; Best Version of You offers the coaching, comradery, and support you need to be the best you.

Women Empowerment Monthly Groups

Madison Public Library

3rd Wednesday of the Month at 6:30 pm

Willoughby Hills Community Center

2nd Wednesday of the Month at 6:00 pm

MONTHLY TOPICS

OCTOBER: Work life balance • **NOVEMBER:** Self-Worth: What Does that Mean?

DECEMBER: Self-care is more than a bubble bath! • **JANUARY:** Goal Setting

FEBRUARY: Social change and the power • **MARCH:** Gender equality in the work force

These monthly groups will have topics and tools to empower women. We will discuss work-life balance; goal settings; self-worth; right to choices; access to resources; the ability to make a change and the power to control your life.

Want to build your tribe?

Take needed time for yourself?

Explore other options for self-care?

Build support and a community of women locally!

JOIN US MONTHLY

Want work-life balance? • Get your FREE copy of "5 Steps to Work-Life Balance"

Go to: bestversionyou.com and ORDER NOW!

Become an Unstoppable Woman!