

WOMEN in BUSINESS



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It's Time to Take Care of YOU!

Do you have back aches, trouble sleeping, tight joints or no flexibility? Do these aches and pains affect the quality of your life? Are you brand new to yoga or hoping to restart a yoga practice? . . . Try checking out a yoga class at Blue Sky Yoga and Healing Arts!

We are a friendly, fear free studio where everyone is welcome without judgement. We encourage you to remove the urge to compare yourself to others. We are each built differently, have different lives and different "issues in our tissues". There are modifications for every pose, every age, every stage and we encourage you to listen to your body, and with our guidance, only do what's right for you.

Research shows that yoga offers many benefits for most age-related deteriorations in body structure and functions, such as limited range of motion, arthritis and osteoporosis to name just a few. Yoga also helps to lower blood pressure and supports you in numerous ways to deal with stress and anxiety. Yoga offers limitless possibilities for growth in self-awareness. Discover how to reset your body from stress to "rest and digest." Memory, mood, well-being and attention improves with this practice. You can begin right as you are, where you are!

We will empower you to make lasting changes – physically and mentally,



and keep you motivated to go after your dreams. Many of our students even report that even their golf game has improved!

We have a wonderful and experienced teaching staff who will support you on your path to well-being.

Invest in yourself! You are worth it!

Visit our website at www.BlueSkyYogaOhio.com and try out our New Student 7 consecutive days for only \$7!

34578 Lakeshore Blvd, Eastlake
440-951-9642

Amanda's Family Hearing: A Woman-Owned Business Dedicated to Audiology

In celebration of National Audiology Awareness Month this October, we shine a spotlight on Amanda's Family Hearing, a remarkable woman-owned business that has emerged as a beacon of excellence in the field. Founded by Dr. Amanda Barbur, a passionate Audiologist who has personally battled lifelong hearing loss, the clinic has earned a reputation for exceptional hearing care. Amanda's Family Hearing is not just a business; it's a haven where patients are treated like family. Dr. Amanda's dedication to improving the lives of those with hearing loss is evident in the personalized care she provides, driven by her own experience with hearing loss. National Audiology Awareness Month serves as a reminder of the importance of hearing health and highlights the valuable contributions of professionals like Dr. Amanda Barbur. This month,



Amanda's Family Hearing is offering a free hearing screening to every new patient to raise awareness about hearing loss prevention and treatment.

As we celebrate National Audiology Awareness Month, Amanda's Family Hearing stands as a shining example of a woman-owned business making a significant impact in audiology, improving countless lives one ear at a time. Dr. Amanda's personal journey adds a unique and empathetic touch to her practice, making her an inspiration in the field of audiology.



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For over 30 years Christmas World has offered unique collectibles to fill your home with the Holiday Spirit. Make Christmas World one of your family traditions.

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- ★ Byers Choice Carolers ★ Nora Fleming
- ★ Happy Everything ★ Jim Shore
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GREAT SELECTION OF HALLOWEEN DECOR!

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Hours: Tues. - Sat. 11-5, Sun. 12-5, Closed Monday

WILLOUGHBY WORKSPACES: We have SPACES!

From monthly board meetings to events like bridal/baby showers, weddings, and fundraisers, our versatile spaces cater to the entire community!

Who are these spaces for? EVERYONE!

Whether you're an entrepreneur, photographer, CEO, or creative individual — these spaces are for **YOU!**

Our Victorian building, constructed around 1858, has undergone complete renovation to offer professional meeting spaces, offices, an on-site café, and event spaces! Welcome to Willoughby Workspaces, a community hub fostering connections and creative solutions for your business.

What makes us stand out? Willoughby Workspaces is more than just a physical space; it's a networking and local community hub! When you choose to work with us, you become part of a dynamic network that opens doors to new and exciting opportunities for you and your business. Hosting an event here? We provide free advertising! Need local connections to photographers or web designers? We have those too!

Appear professional! Becoming part of our networking web, you will notice a positive change in your client connections. Bringing clients into a professional meeting space is often underestimated but imagine this: your clients walk into our lobby with an on-site café, gaze up at our high ceilings and historical charm, admire the unique and fabulously retro room designs — an unforgettable experience that leaves a lasting impression!

So, RELAX! With our workspaces...

You won't incur additional costs such as utilities, lease lock-ins, expensive maintenance, or office supply fees. Forget about parking hassles and custodial cleaning expenses — the list goes on. When you're in our workspace, come and go on your terms. It's that simple. Pick a new office each time you come to work and rejuvenate your workday!

Willoughby Workspaces offers: Private offices, meeting space, conference rooms, business mailbox, storage lockers. On-site café. Secure entry and parking.

Plan your next event with us!

We host birthdays, reunions, rehearsal dinners, small weddings, baby/bridal showers, fundraisers, book clubs, business meetings, etc. We provide catering or use your favorite caterer.

Did you know? Coworking spaces provide **positive work environments where workers can share tools, services, and**



facilities. Studies show that coworking results in 70% of members experiencing improved health, 68% being more focused, and 64% completing tasks more efficiently. That's truly amazing! Imagine feeling better, being more focused, and achieving more. Making working fun!

Cool things about Willoughby Workspaces:

- We have great partners and support: Lake-Geauga Habitat for Humanity & Fine Arts Association.
- We host fundraising events for non-profits.
- We have an Art Consignment Program for local artists to hang their framed paintings or photos on our gallery walls! (check it out and apply on our website)
- Santa & Mrs. Clause will be with us December 9th. Get pictures taken with Santa from a professional photographer. We will also have a hot coco bar and sugar cookies! Book your session time... more to come.
- Need your gifts wrapped? Drop off up to 10 gifts and Santa's elves will wrap them for you week of December 11 - 15. More details to come!
- Reserve holiday party at Willoughby Workspaces! Booking now for private or business holiday parties. Catering provided or use your favorite caterer. Call today!

Willoughby Workspaces
37903 Euclid Ave. Willoughby, OH 44094
440-710-6561
www.willoughbyworkspaces.com

Discover Exceptional Hearing Care at Amanda's Family Hearing!

Proudly *Woman-Owned* and Celebrating
Audiology Awareness Month This October.



Nancy Stoneman
Office Manager

Amanda Barbur, Au.D.
Doctor of Audiology

Kevin Burkitt, Au.D.
Doctor of Audiology

Hannah Guzicki-Hess
Patient Care Coordinator

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Self-Employed? You Need Health Insurance



Are you getting ready to strike out on your own? In most cases, being your own boss means you will need to provide your own health insurance. Unfortunately, there

is no one-size-fits-all insurance plan, so you will have some choices to make. For instance, you will need to decide:

1. Do you want more coverage and higher premiums, or lower premiums and higher-out-of-pocket costs?
2. Do you want an HMO, PPO, EPO or POS?
3. What plan has your doctors and health care providers in their network?
4. Do you understand insurance terms like co-pay, co-insurance, and deductible?

You can spend hours doing research on your own or you can call Laura Mutsko at Mutsko Insurance Services. As an independent agent/broker I provide my customers with:

Unbiased Advice: I will help you choose a plan covering your doctors, hos-

pitals, and prescription drugs. I also have a good idea of which insurance companies have the best track record when it comes to pleasing their customers.

Help with questions: With me as your representative, you will have a local experienced expert to turn to when you have questions. That is a lot better than an 800 number where you may or may not reach a different customer service representative every time you call.

Help with claims: My staff and I will be available to guide you if you need help filing a claim or an appeal.

Call me, Laura Mutsko at 440-255-5700 or email me at Lmutsko@mutskoinsurance.com for help finding the health insurance coverage that fits your needs and budget. And I'm wishing you success as you strike out on your own.

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.

Discover these Vintage and Upcycled Shops

If you are a lover of all things vintage and upcycled, then you have likely stepped foot in one of Barb Auvil's stores – Sweet Magnolia in Willowick and Magnolia Blossoms in Eastlake. Barb has been in the resale and craft business for over 40 years. Her vendor-run stores have allowed opportunities to many small businesses. Her newest venture along with three partners is a studio space in Willowick allowing fellow creators a space to create and sell as well as teach others.

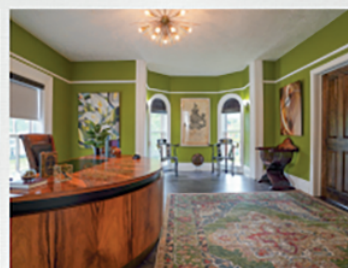
Barb's stores have won many awards including The News- Herald's Best of the Best for Best Specialty Shop and Best Boutique in Lake County as well as Cleveland Magazine's Best of the East Best Antique Store.

With the upcoming holiday season, these stores are a must stop for all on your list!

Sweet Magnolia will be hosting a Christmas Open House on November 25th and Magnolia Blossoms will host theirs on December 2nd.




WILLOUGHBY WORKSPACES



Contact us
440-710-6561

Looking to meet a prospective client? Need a business mailbox to connect your Google profiles to that isn't your home address? Searching for a small venue for your team to come together to collaborate? Looking for a unique space to host your party? Willoughby Workspaces: We have **SPACES** for **EVERYONE!**
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Profile

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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 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?



Best Version of You uses a holistic approach incorporating: Your Spirit + Your Life + Your Business/Home to Find Your Unique Strengths Create Your Ideal Working or Home Environment Implement & Utilize Your Key Character Traits ...to find the Best Version of You! Is it time for your breakthrough?

Schedule Your Discovery Call!

Go to bestversionyou.com

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.



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.

My new book, "Becoming an Unstoppable Mompreneur" is now available.



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Welcome to Catherine's Christmas

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I love what I do...and that's helping YOU! I have additional certifications as a Pricing Strategy Advisor, Real Estate Negotiation Expert, e-PRO, Military Relocation Professional, and Short Sale/Foreclosure resource. You can rely on my expertise and experience to sell your home for the highest price in the least amount of time. If you are searching for your next home, count on me to secure the best deal for you. As a woman in business, I take pride in my high level of communication, integrity, and kindness. Call/text at 440-289-7258 or email at Amanda.Alafi@gmail.com. Put your trust in me and make the world of real estate worry free!



For Sale in Willoughby



Amanda Alafi

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e: amanda.alafi@gmail.com

w: www.mentorareahomes.com



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We Repair Storm, Wind, Tree, and Animal Damage to Your Home & Will Help You With Your Insurance Claims



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, camaraderie, and support you need to be the best you.

VISION BOARD SEMINAR

Friday, December 29, 2023 or Saturday, January 13, 2024

12:00 PM to 3:00 PM

Vittorio's

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RSVP to: pam@bestversionyou.com