

# Cummings Center NEWSbrief



LIVE.

WORK.

PLAY.

May 7, 2019

## New Neighbor Profile



Welcome new neighbor [Maureen Michaels](#), 100 Cummings Center, Suite 325-C, to the Cummings Center community. Maureen is a psychotherapist who specializes in anxiety, depression, and relationship issues. For more information, visit the [website](#) or call 978-927-6396.

## Quick Links

[Client Directory](#)

[Cummings Properties](#)

[Service Call Request](#)

[Executive Office Suites](#)

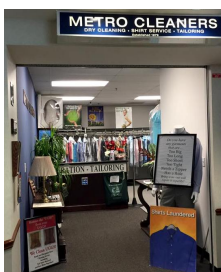
## Noteworthy News



**Mother's Day:** Still looking for a Mother's Day gift? [Arabella Gallery](#), 100 Cummings Center, Suite 113-E4, is open on **Thursday, May 9 from noon to 5 PM**. Offerings include original art, jewelry, and crafts by local artists. For more information, call 978-288-1105.



## Special Offer



[Metro Cleaners](#), 100 Cummings Center, Suite 106-J, is offering a \$5 sweater special through the month of May. The business, which has been family run since it opened in 1979, also provides alteration and tailoring services. Client firms interested in arranging complimentary pick-up and delivery as an added convenience for their employees need simply to provide a closet for this purpose. For more information, visit the [website](#), stop by Suite 106-J, or call 978-998-3200. To receive the discount, be sure to mention seeing the special offer in the NEWSbrief.

## Upcoming Events

[North Shore Transportation Management Association](#) (NS TMA) will host two lobby events on



**Thursday, May 9** to answer questions about the shuttle service from Beverly Depot. The first lobby event will be held at **500 Cummings Center from 8:00 to 9:30 AM**. The second will be held in the **100-L lobby of 100 Cummings Center (near People's United Bank) from 11:30 AM to 1:30 PM**.

The current plan is for the shuttle, which seats up to 30 passengers, to run four times during the peak morning and evening commutes. The schedule can be found [here](#).

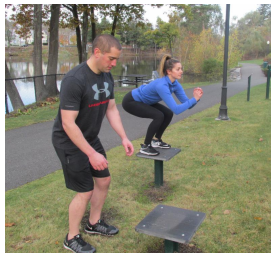


**Bike Week is May 11-19!** Join [NS TMA](#), 100 Cummings Center, Suite 342-G, for the [MassCommute Bicycle Challenge](#) (MCBC). If you live in Beverly, Danvers, Lynn, or Salem, your MCBC registration and any miles logged during Bike Week will count toward the NS TMA Community Bike Challenge. There will be a Bike Breakfast for MCBC participants on **May 17 from 7:30 to 9:30 AM** by the 100-L entrance of 100 Cummings Center. For more information on the challenge, visit the [website](#).



[Quadrant Health Strategies](#), 500 Cummings Center, Suite 4350, is hosting CPR/AED training sessions on **Thursday, May 9** in the Community Conference Room, 100 Cummings Center, Suite 221-E. Registration costs \$60 and participants may sign for one of two time slots: 9 AM to noon, or 1 to 4 PM. For more information, call 978-536-2428.

## Friendly Reminder



**Be Active During Your Workday:** Clients and visitors are welcome to use the FreshAir FitCourse located along Upper Shoe Pond. The course provides instructional plaques and features pull-up bars, a push up bar, parallel bars, box jumps, and more. For those who prefer a climate-controlled workout, Cummings Center is pleased to offer the use of the CenterCircuit on the second floor of the 100 building for fitness walks. Please see the color-coded circuits placed throughout the second floor, and look for mileage markers to guide your way.

## Business Spotlight



[Rockport Custom Publishing](#), 100 Cummings Center, Suite 321-E, has been a member of the Cummings Center community since 2003. Rockport offers a variety of services, including full-color publications, inserts, marketing materials, product brochures, and printed and online newsletters. For more information, visit the [website](#) or call 978-921-7850.

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