



July 11, 2017

New Neighbor Profile



Welcome, [Lieberman Law Office](#), 100 Cummings Center, Suite 240-C, to the Cummings Center community. The practice focuses in the areas of commercial and residential real estate, restaurant law, and small business law. For more information, or to set up a consultation, call **781-235-3200**.

Quick Links

[Client Directory](#)

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Commuter Updates

Commuting by Car? Beverly's Route 1A construction project will include meaningful activity in Downtown Beverly and around Cummings Center in the coming months. Visit the City's website for [construction updates](#).

MBTA Summer Shutdown: MBTA commuter rail services north of Salem Station on the Newburyport/Rockport line will be shut down from July 17 to August 13, with bus shuttles replacing the rail service.



Submit Your News

To be included in a future edition, please email newsbrief@cummings.com.

Upcoming Events

Ashley Matthews of [Ride The Wave Yoga](#) is hosting a gentle yoga class on Monday, July 17 from 4:30 to 5:45 PM in the Community Conference Room, 100 Cummings Center, Suite 221-E. The class is \$15 to participate (cash or check only) and open to all Cummings Center client firms and employees. No registration is required, but attendees should bring their own yoga/Pilates mats. Ashley is a seasoned instructor inviting mindfulness into the workplace. For more information, contact Ashley at ridethewaveyoga@gmail.com.



[CrossFit Five Plus](#), 100 Cummings Center, Suite 135-E, is hosting a [Women in Business Expo](#) on Friday, July 28 from 6 to 9 PM. The expo is designed to provide local woman-owned businesses a low-cost venue to showcase their products and services while offering an opportunity to network in a casual, family-friendly atmosphere. General attendance is free and open to the public. Space is limited to 50 exhibitor tables, which are available for \$75 each and must be approved by CrossFit Five Plus. A portion of the proceeds from the expo will go to an organization that helps local women start or succeed in their own businesses. For more information, or to register for a table, email Sarah Welch at sarah@crossfitfiveplus.com.

Noteworthy News

Window Washing: Do not be alarmed if you look out your office window and see someone looking back, squeegee in hand. Next week, Cummings Properties' window cleaning team will begin the annual task of cleaning the exterior of each on-site window. Windows at the Dunham Road campus will be washed on Tuesday, July 18 while Cummings Center window washing will begin on Thursday, July 20 and continue through Friday, August 4.

Sharon Cook, 900 Cummings Center, Suite 404-T, recently published her newest novel, *Phantom Baby*. The novel centers around Iris Camuso, who desperately tries to keep her grandchild from being adopted. This is the fourth murder mystery book of Sharon's Granite Cove Mystery series. *Phantom Baby* can be found [online](#) or in bookstores, and locally at [Cabot Street Books and Cards](#), [Henry's Market](#), and [The Book Shop of Beverly Farms](#).

Friendly Reminder

West Garage Parking: Each resident at Elliott Landing has received an assigned parking space on the south side of West Garage. These spaces are designated by blue "reserved" placards and are for resident use *only*. Residents may have unauthorized vehicles towed from reserved spaces at their discretion. Please be mindful of these spaces when utilizing the garage. Thank you for your cooperation.

Elliott Landing



Splendid Six: Choose from a sensational selection of six homes at [Elliott Landing](#), each of which offer unique desirable features. Enjoy splendid oceanside sunrises from your penthouse balcony or spend evenings relaxing on your private first-floor patio. With a limited number of homes remaining, the time is now to select the one that is right for you.

Now enjoy all the benefits and comfort at Elliott Landing through a **flexible lease-to-own option**. Is your interest piqued? Cummings Properties' clients and vendors are encouraged to contact their account manager at **978-922-9000**, or email Sales Manager **Morgan Blum** at sales@elliottlanding.com to schedule a personal preview today.

Business Spotlight



Client firm [Fitness Together](#) (FT) 950 Cummings Center, Suite 98-X, has been located at Cummings Center since 2003. FT provides one-on-one personal training that is customized to a person's specific needs or goals. The trainers help clients to reach these goals while making exercise fun. The FT philosophy is to pair clients with a certified personal trainer in a private setting and create a workout plan tailored just for them.

Additionally, FT provides a nutrition program known as Nutrition Together. The program, created by a registered dietician, is designed to go hand in hand with an individual's personal training. The program provides guidance on how to eat and helps to change unhealthy eating behaviors. For more information, contact Derek at 978-922-3636 or visit FT's [blog](#).

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