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## **EAST** COBBER

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## On the Cover

Featured on this issue's front cover are husband and wife, Frank and Montse Fabregas, owners of Huntington Learning Center for the past five years. The center has served the East Cobb community for over 25 years and touched the lives of more than 2,000 students, from kindergarten through the 12th grade.

While tutoring will always remain the primary focus of Huntington Learning Center, Frank felt the need to pivot when the educational crisis occurred. "We wanted a way to help the community," Frank stated. "We have developed a program to help them with Study Hall Plus." Study Hall Plus provides those parents who need to go into an office or must work from home uninterrupted an opportunity to place their student in an environment where they are supervised and assisted with their online distance learning platform.

Huntington Learning Center is located in the East Cobb Crossing shopping center, 4381 Roswell Road, Suite 240 in Marietta/East Cobb. For more information about Huntington Learning Center read their story on pages 6 and 7, or visit huntingtonhelps.com/center/east-cobb.

Front cover photo taken by Jeremy Adamo of Adamo Photography

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## NEED HELP WITH ONLINE SCHOOL?



For thousands of public school students in the East Cobb area, the 2020-2021 school year did not get off to a traditional start on August 17th. For many parents, this unusual start is worrisome. Working parents especially are finding it hard to balance supervision of online distance learning alongside their work commitments. Huntington Learning Center, a local leader in tutoring and test prep, is offering a wonderful solution: Study Hall Plus.

Frank and Montse Fabregas have been the co-owners of the East Cobb location of Huntington Learning Center for the last five years. The center has served the East Cobb community for over 25 years and touched the lives of more than 2,000 students, from kindergarten through the 12th grade.

The Fabregases have a heart for serving the families of East Cobb, and their primary focus remains "helping students succeed in school and prepare them for future challenges."

While tutoring will always remain the primary focus of Huntington Learning Center, Frank felt the need to pivot when the educational crisis occurred. "We wanted a way to help the community," Frank stated. "Students have the right to learn in a controlled environment, and we have developed a specific program to help them navigate the start of the school year with Study Hall Plus."

Study Hall Plus provides those parents who need to go into an office or must work from home uninterrupted an opportunity to place their student in an environment where they are supervised and assisted with their online distance learning platform. This service is being offered Monday - Friday from 8am-2pm for elementary school students and Noon-4pm for those students in middle school.

Each new student to Huntington is provided a personalized academic assessment to see what areas could use improvement. During the time at Study Hall Plus, the students work on their assigned school work through their online distance learning platform, as well as receive tutoring on the skills the student needs to improve upon: math, reading, writing. Each group of four similar aged students have an assigned teacher.

Limited spaces are available now for Study Hall Plus. Initially, Study Hall Plus groups were available only to current and former students at Huntington, however Frank



and Montse saw a need in the community and decided to open a few new groups.

Huntington has secured upgraded WIFI to handle the influx of students and to ensure they are easily able to connect to classes.

Besides the Study Hall Plus program, Huntington continues to offer its traditional tutoring services: teaching math, reading and writing skills to students K-12, based on an initial academic assessment. A curriculum is designed specifically for each student, depending on their weaknesses. For example, parents may only be concerned with a child's Math grades, but the assessment might show that the child needs additional support with reading comprehension, a fact that might have gone unnoticed.

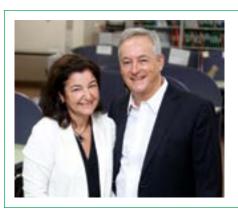
"I didn't know how to help my daughter, but I know she wasn't finishing her work for school," shares East Cobb mom Perla. "I took her to Huntington Learning Center for an assessment, which showed she was struggling with reading comprehension, and it was impacting her in all subjects. After a short time at Huntington, her schoolwork improved tremendously, and her confidence increased. I've also seen this program benefit my middle school son and the high school students that I tutor in Spanish. Some of them are missing basic skills that can impact their overall educational success. Huntington helps build that foundation for learning."

Huntington's traditional tutoring services start after 2pm in the afternoons Monday-Friday as well as on Saturdays. With the new school schedules, middle school students are now able to schedule tutoring in the morning during the week from 8-11am, before their online distance learning begins at Noon.

Huntington is very serious about CDC guidelines during these times. The entire center is deep cleaned for two hours each morning prior to the arrival of teachers and students. To protect the health and safety of the students and staff, polycarbonate barriers are between all cubicles and tables. Staff members clean and disinfect commonly used surfaces, staff and student temperatures are taken, frequent hand washing is encouraged, gloves and masks are required, and social distancing is always practiced, when possible.

If your student needs help with their distance learning or if your student has experienced difficulty in math, reading, writing, study skills, or needs SAT or ACT prep contact Huntington Learning Center. They are conveniently located in the East Cobb Crossing shopping center, 4381 Roswell Road, Suite 240 in Marietta.

Visit huntingtonhelps.com/center/east-cobb for more information or call 770-977-3112 for an appointment.



## HUNTINGTON LEARNING CENTER

4381 Roswell Road • Suite 240 Marietta/East Cobb Mon-Thur: 10am - 8pm Friday: 9:30am - 8pm Saturday: 9am - 3pm

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## HOMESCHOOLING: FINDING YOUR WAY

ast Cobb mom, Mandy Davis, never saw herself as a homeschooler, but when the school year started back in August, many families in East Cobb found themselves in a new situation as homeschoolers or virtual distance learners. With three children in grades 6, 3, and Pre-K, it was a big decision for Mandy and her husband to choose between Cobb County School's virtual option or homeschooling, "In a time of so much uncertainty, we chose consistency which led us to homeschooling our children."

While there are many new homeschoolers and virtual distance learners in our community right now, there are also a large group of seasoned homeschool and virtual school families in this area. We caught up with a few of them and asked what their best tip or piece of advice they would share with families like Mandy's.

Rena Pearson, a homeschool parent for fourteen years with two daughters who are now in college shared the following advice: "As a parent (with your children at home learning), you have to be in charge. Be honest with yourself what your child can accomplish and can endure. If the current situation is not working, do something different. Don't let fear of the unknown keep you from doing the best for your child. Get your child's input on what is or is not working for them. You might be surprised by their insight. It could be as simple as moving their workspace to a more active or less active place. Maybe an exercise ball as a chair would be a better option for the young or fidgety. Music in the background





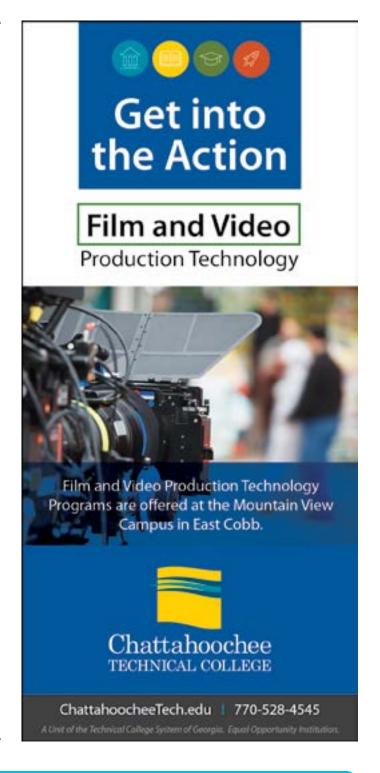
can be helpful or distracting depending on learning styles. Take frequent breaks from sitting to go outside and get some fresh air or exercise."

A big concern for parents right now who are choosing to homeschool are learning gaps. What if we homeschool and my child misses something they should have learned in 3rd grade? For the answer to this question we turned to Marla Szwast, a seasoned homeschooler who blogs about her experience at JumpInToGenius.com: "the myth of learning gaps is that we can avoid them. The truth about learning gaps is that every child and adult has them. In this age of information, there is too much knowledge for any one person to know it all. Instead of focusing on learning gaps, focus on the skill of learning. What does your child need to learn more effectively? If you focus on raising great learners, you won't need to worry about learning gaps, because your child will have the skills to fill any gaps they encounter."

Alicia Kramer, homeschool mom of three children for the last fourteen years shared this advice: "Don't be afraid to ask for help! I could never have survived the past fourteen years without the help of fellow homeschool moms. In the East Cobb area there are so many resources from homeschool support groups like the JFBC Homeschool Support Group to Facebook Groups such as East Cobb Homeschoolers. Even if you are currently utilizing Cobb County School's virtual learning program, then reaching out to a homeschool support resource can help you when you are struggling with finding a tutor, setting up an environment that your student will find conducive to learning or just needing some encouragement to fight the schooling at home burn-out."

## A Financial Partner Worth Falling For...















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Each EAST COBBER issue and eastcobber.com's blogs, facebook posts and twitter feeds offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.





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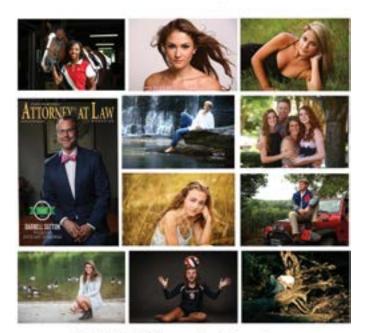
# WHY YOUR PTA MEMBERSHIP IS STILL IMPORTANT EVEN DURING A PANDEMIC

By Tammy Andress, President, East Cobb County Council of PTAs

new school year is well underway and while it does not look normal, educators, students and parents are busy with the task of learning. Even with the hiccups that have come with digital learning, routines have been established and the fear and the uncertainty of starting in such a strange environment has started to fade. And while there are not the normal Meet-N-Greets, Fall Festivals, Homecoming events, or in person Book Fairs, the local unit PTA's in our schools have continued staying busy advocating for educational priorities which affect our children.

Now the important question is "Why is a PTA membership still important when students are not in the schools and many of the activities sponsored by PTA's cannot happen?" Even without face to face learning,

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there are still many important reasons to continue to support your local PTA.

Let's start with the fact that PTA is an integral component that affects the climate of our schools. It assists with the creation of that "village" which then helps nurture our children and strengthen our community. And because schools are the heart of their communities, PTA outreach and communication help families connect to become part of a larger family. Even though students are learning remotely, PTAs are continuing to provide teacher grants, student support, and are offering programs and events that celebrate diversity, inclusion and family engagement. PTA still works to inspire a love of reading, critical thinking, teamwork and creativity in parents, students and educators. And through its Reflections Program, which nationally has over 300,000 student artists in Pre-K through Grade 12, PTA helps students explore their own thoughts, feelings and ideas, while developing their artistic literacy, increasing confidence and finding a love for learning that will help them become more successful in school and in life.

Finally, and perhaps, most importantly, is PTA advocacy. Local, state and national policies are tracked by PTAs every day so it can advocate for what's best for our students, families and schools. Consequently, your membership gives you a voice in a large society of parents, teachers, students, and community partners who have the common goal of supporting legislative policies that broaden and enhance our ability to serve all children and families.

But all of this takes support; support from parents, teachers, students and the local community by becoming members and donating to your school's PTA so it can successfully continue its mission of ensuring that every child's potential becomes a reality.



Tammy Andress is Co-President of the Lassiter High School PTSA and President for the ECCC PTA. She is a long time advocate for education and the mother of a rising junior daughter at American University, and rising senior and rising sophomore daughters at Lassiter.

## WHY DENTAL CHECK-UPS ARE IMPORTANT DURING THE COVID-19 PANDEMIC

As we all do our best to prevent exposing ourselves to the coronavirus by isolating at home or by protecting ourselves with masks, hand sanitizer, and maintaining six foot distances as we venture out, we also need to be mindful of keeping our bodies healthy so that our immune system can be ready in case it is confronted with this virus. Did you know that there is a direct link between your oral wellness and your overall health? We have all heard that people with certain risk factors like obesity, diabetes, and cardiovascular problems are more likely to have complications if they contract COVID-19. Maintaining good oral hygiene and ensuring that we have regular dental examinations and cleanings is important in helping to ensure that our immune system is functioning at full capacity and is not already overwhelmed fighting off oral bacteria when it is confronted with coronavirus particles.

There has recently been talk on the news that perhaps we should be avoiding dental appointments as part of our social distancing to avoid any possible exposure to the virus. The American Dental Association made a statement to the nation recently to address these concerns stating that dental care can be delivered safely amidst the pandemic with appropriate personal protective equipment (PPE). Dental professionals for years have had to prepare their teams and offices for infection disease control. We dentists have now added many new safety precautions to help minimize the risk of transmitting COVID-19 in our practices. It is worth noting that during this pandemic there have been no clusters of COVID outbreaks directly traced to dental offices.

In our own dental office, PPE consists of an N95 mask, a hair cover, goggles, a face shield, gloves, and a treatment jacket. We now launder our uniforms on site and change jackets after every patient to ensure we do not pass viral particles from one patient to the next. Each of our team members and patients are screened every day upon arrival by taking their temperature, checking their oxygen saturation level, verifying that they are symptom free, and checking their risk factors with a COVID screening questionnaire. Medical grade air purifiers have been placed throughout the office and viral HEPA filters installed all air conditioning

return vents. Patients are asked to wash their hands and use a peroxide based mouthrinse prior to receiving treatment. And, of course, dental tools, equipment, and treatment rooms are disinfected and sterilized thoroughly after every patient. Many offices like ours are implementing these kinds of protocols to ensure that our patients are able to continue to receive dental care in an environment that protects them from virus and disease transmission. So do not put off your oral health check-ups, dental

cleanings, and preventive care as it may impact your overall health and affect vour body's immune system, preventing you from mounting your best defense against COVID-19.



**Dr. Cristi Cheek** is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

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## POLL WORKERS NEEDED



f you are interested in serving your community and earning a little extra cash, the Cobb County Board of Elections is looking for people to work at voting precincts for the upcoming November 3 General Election. They are looking for applicants who take pride in their work, are patient, take direction well, and who pay attention to detail. A poll worker must be a U.S. citizen, Cobb County resident, at least 16 years old, be able to read, write and speak English and not have any felony conviction in the past 10 years.

Poll workers must attend at least one mandatory training class before working at the poll. New workers are paid \$150 for Election Day, \$30-40 for the training class and \$25 for helping to set up the poll. Workers must arrive at 6 a.m. on Election Day and stay until all voters leave and closing procedures are completed. You must provide your own transportation to your scheduled training class and to the poll on Election Day.

If you would like to add your name to the list of potential poll workers, go to: cobbcounty.seamlessdocs.com/f/poll\_worker\_application. For more information about becoming a poll worker, visit the Cobb County Board of Elections' website: www.cobbcounty.org/elections/employment/election-day-poll-worker-jobs.

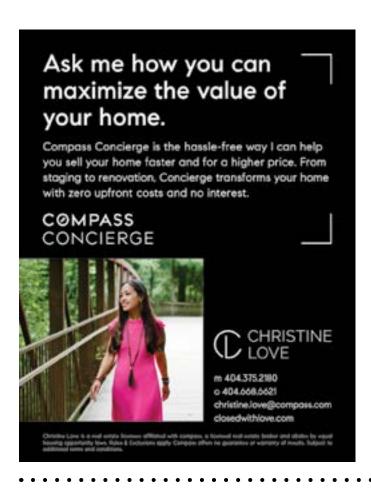


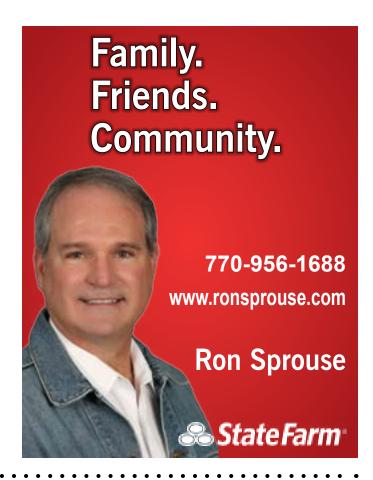






12 September/October 2020 EAST©COBBER www.eastcobber.com







## THE UPS AND DOWNS OF

## RUNNING A RESTAURANT DURING THE COVID CRISIS

By Christopher Schultz

one of us could have planned for COVID-19. So many of us love dining out and now we miss it terribly. Dining and drinking with friends around a table is something no amount of online chatting or takeout can match. Our restaurants could be the last bastion of social interaction outside our homes in our increasingly insulated, technology-driven lives. Who would have thought a takeout meal would become the high point of our quarantined day? Behind the scenes during this COVID pandemic, our beloved restaurants scramble to satisfy diners, pay the rent, and run their restaurants with changing rules and regulations. Here's a behind-the-scenes peek at four East Cobb eateries with comments from: Mark Zwolak, Owner, Chicago's; Jake Perry, Manager, Biscuits + More; Nikos Stavropoulos Owner, IHOP; and, Daniel Wu, Owner, Fuji Hana.

## WHAT ARE THE BIGGEST CHALLENGES YOU HAVE FACED SINCE THE PANDEMIC STARTED?

**Chicago's:** Where do I begin? I run a high volume restaurant but I am not allowed to have volume. At 50% volume, the math doesn't work and this brings a financial challenge. The cost for food has increased and so has the money I have to spend on PPE.

**Biscuits + More:** The biggest challenge are the masks and working in them. It gets very hot and congested in the kitchen area. Outside of that, we have been trying to reaain the business we have lost.

**IHOP:** IHOP customers enjoy the value our menu provides. So, I have kept our prices the same despite the fact that our food costs have gone up.

**Fuji Hana:** Having to eliminate sit-down service and doing to-go only has been the most challenging part of this. Everybody is doing take-out now.

## WHAT IS SOMETHING YOU LEARNED OVER THE PAST FEW MONTHS THAT YOU WISH YOU KNEW WHEN PEOPLE BEGAN TO QUARANTINE?

**Chicago's:** How long this was going to take. I thought I could close up for about forty days or so for renovation and we will be back to some degree of normalcy. I



believe in this business, our 30-year anniversary is coming up and I am very optimistic. Even so, this has gone on longer than anybody could have anticipated.

**Biscuits + More:** The biggest thing we learned is how to use services like Door Dash and Uber Eats. It has really helped us with our sales.

**IHOP:** I've realized how important the digital delivery services, like Uber Eats and Door Dash, have become.

**Fuji Hana:** We started doing online orders. Phone orders take a lot of time throughout the day so online orders have made it easier for us to keep track of everything.

## SINCE TAKEOUT HAS BECOME THE NORM FOR NOW, ARE THERE ANY ITEMS THAT ARE GETTING ORDERED MORE NOW THAN THEY WERE PREVIOUSLY?

**Chicago's:** People have been ordering our burgers, French dip sandwiches, and salads. People have also been getting our chicken piccatas and stroganoffs.

**Biscuits + More:** Not really: our biscuits and cheese grits are still as popular as they have ever been. It all travels well.

**IHOP:** Our customers continue to order our breakfast items from scrambled eggs to our pancakes.

**Fuji Hana:** I don't see any difference in what people are ordering now than they were previously.

## HOW HAVE FOOD/SUPPLY SHORTAGES AFFECTED YOUR ESTABLISHMENT?

**Chicago's:** Shortages have caused the price of both food and papered goods to go up.

## DINING GUIDE

**Biscuits + More:** The biggest thing is the price of ground beef went through the roof. Although it has tripled in price for us, we have kept our pricing the same for customers and were able to make it through with it.

**IHOP:** The cost of running my restaurant has risen since my food costs have gone up and I also have to pay for additional supplies to follow the new safety measures.

**Fuji Hana:** Meats, particularly steak, costs a lot more now than it did before because of a recent shortage.

## IS THERE ANYTHING YOU'VE LEARNED FROM THIS PANDEMIC THAT YOU WILL TAKE WITH YOU AFTER THIS COVID CRISIS IS OVER?

**Chicago's:** We used to have three musician performances per week. We aren't currently doing that but after COVID, we are only going to do Friday night jazz since that had such a great following.

**Biscuits + More:** Other than people ordering take out more, not much has changed in terms of how we do business. Post COVID we will be opening the store back up at full capacity for people to dine in.

**IHOP:** How much more grateful we are for our customers. And how much I appreciate my staff stepping up and adapting to the challenges of COVID.

**Fuji Hana:** We have had a lot more customers order from us online, which we started doing a month ago. Moving forward with online orders, employees won't have to be on the phone as long. People aren't always comfortable giving out their information on the phone, ordering online makes it easier.

#### WHAT MAKES YOU FEEL OPTIMISTIC ABOUT THE FUTURE?

**Chicago's:** A vaccine and the continued progress and improvements made for a cure.

**Biscuits + More:** Just having the support of our customers and the community.

**IHOP:** East Cobb is a great place to do business, my customers, and the promise of a COVID cure make me feel better about the future.

Fuji Hana: I am hoping that we soon find a vaccine that is proven safe and that everyone can use.  $\odot$ 



## PET OF THE MONTH: **PORSCHE**

Submitted by Alyssa & Michael Spadaccini



**Animal/Breed:** Terrier Mix

**Age & Gender:** 8-year-old female **Favorite Food:** Chicken Jerky Treats

**Favorite Person:** Grandma **Best Trick:** Ignoring Mom

Turn Ons: Squirrels
Turn Offs: Vacuum

Favorite Toy: Gorilla Stuffed Animal
Last Seen: Favorite Spot on the Couch

What makes your pet so special: She sneezes three times when she is rolled over on her back.

## SHOULD YOUR PET BE OUR

## PET OF THE MONTH?

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Please include a picture with your entry. Or email description and a jpg to: petomonth@eastcobber.com

Pet's Name:
Animal/Breed:
Age & Gender:
Favorite Food:
Favorite Person:
Best Trick:
Turn Ons:
Turn Offs:
Favorite Toy:
Last Seen:
What makes your pet so special:
Owner's Name:





(That's Dog Talk for "You'll LOVE advertising in the EAST COBBER!") More Info: 770-640-7070

## PAWS FOR LIFE USA SEEKS VOLUNTEERS TO FOSTER SERVICE DOGS

aws For Life USA Service Dog Training program is unleashing the possibilities for those with visible and non-visible disabilities, by matching puppies and young dogs to be trained as service dogs to help people lead more independent lives. This East Cobb-based non-profit trains service dogs to assist with: autism, multipurpose, mobility, seizure, psychiatric, hearing, medical, diabetic and other disabilities.

Paws for Life USA works with many breeders whose dogs have been evaluated and who have proven blood lines with ancestors who have been in service, therapy or working and show dogs. Animals Deserve Better will also evaluate and rescue puppies/dogs from local or out of state shelters.

Paws For Life is looking for volunteers that are willing to foster and work with a future service dog – a great way to help a child or adult who has a disability in need.

"Interested foster volunteers will be required to submit a foster/puppy raiser application form, references are required and candidates must complete a successful interview with a Paws For Life USA staff member to be considered for the program," says Kimberley Brenowitz, Executive Director, Paws for Life USA.

Foster/puppy raiser volunteers must reside in Metro Atlanta or be able to travel for regular weekly training sessions and have availability to exercise the puppy / dog in a safe fenced-in area. Foster / puppy raiser families are needed to socialize and provide various training to puppies who are 8 weeks and older for a varied amount of time depending on when placement is made with their matched handler. During this time foster/puppy raisers will come for training with a Paws





For Life trainer on a weekly basis plus continued training "On The Job Training" when not in Paws For Life training Class.

Foster/puppy raiser individuals or families are also responsible for assisting Paws For Life in maintaining the puppy or dogs health care by scheduling if not done by Paws For Life and transporting the puppy or adult dog to routine veterinary appointments.

Paws For Life USA "school" is located at 3100 Roswell Road, Suite 125, in Marietta/East Cobb. Interested individuals can start the process by visiting www.PawsForLifeUSA.org under the forms tab. Should you have any questions, contact Kimberly@pawsforlifeusa.org.



## HEALTH & WELLNESS

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**NEW OFFICE:** 

2419 Roswell Road • Marietta 30062 678-498-1992 • waldrondentistry.com Waldron + Lee Dentistry is committed to providing caring dental services for you and your family. Their practice has been in operation for over thirty years in East Cobb.

### LIFE AND HEALTH COACH

#### Laureavida Wellness LLC

2850 Johnson Ferry Road, Suite 200 • Marietta 30062 404-308-0893 www.laureavida.com

Mon-Thurs: 11am-7pm

Sophie Webster, MBA, CHC, CLC, is a Certified Life and Nutrition Health Coach, motivating you to improve your routine for better health. She coaches on nutrition, health management, stress, work-life balance, and financial wellness. Sophie is also a Cognitive Behavioral practitioner (CBT) helping you better manage your self-talk.



Introductory Special: 3 Sessions for \$199 + Complimentary Consultation

1900 Johnson Ferry Rd. Marietta, GA 30068 www.FitnessTogether.com/EastCobb 770 321 1347



PRIVATE SUITES . VIRTUAL TRAINING

Even before the COVID-19 pandemic, I was always impressed with how clean Katie, Mike and the rest of the staff kept the studio. Once the studio closed, it only took the staff a day to reach out to all of it's clients offering Virtual Workouts (and they've been great!). I'm so thankful that I was able to stay on track from home but now that the studio has reopened, I'm so grateful that I have my very own private suite to continue working on my health and goals. I feel safer at FT than I do going to the grocery store!

- Mary T.



## SOCIAL DISTANCING TO-DO LIST







GO ON A WALK

MEDITATE

JOURNAL







LEARN A NEW SKILL

STAY IN TOUCH WITH FRIENDS AND FAMILY

LISTEN TO YOUR FAVORIT PODCAST



Marietta Roswell Counselling, LLC 2850 Johnson Ferry Rd, Sultes 200 / 250 Marietta, GA 30062 678-641-8130



HELPING FAMILIES TRANSITION TO ONLINE SCHOOLING & WORK!

> HOURS OF OPERATION : MON to SUN 8 AM - 8 PM

Face to Face & Online Sessions Safe & Non-judgemental Environment

**Proud Member of Cobb County School Coalition** 

Our Licensed Counselors serve children age 3+, teens, adults, couples & families:

Abuse / Bullying Career Trans
ADD / ADHD Co-parenting
Addiction / Recovery Depression
Anger Management Divorce
Anxiety / Stress Grief & Los
Blended Families Pre-Marital

Career Transition LGBTQ
Co-parenting Marital /
Depression Mental I
Divorce Self-Har
Grief & Loss Suicidal
Pre-Marital Trauma

LGBTQ Marital / Couples Mental Illness Self-Hamn Suicidal Thoughts Trauma / PTSD

mariettaroswellcounseling.com



770.479.9999
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## HEALTH & WELLNESS





## PEDIATRIC DENTISTRY

#### Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068

770-479-9999 • www.NiaDentistry.com

Mon-Thurs: 8am-5pm; Fri: 8am-4pm;

Sat: by appointment 9am-2pm

Nia Pediatric Dentistry focuses on preventative care using the latest technology and friendly environment that takes

the typical child's fear of dentistry away.

### **PERSONAL TRAINERS**

#### **Fitness Together**

1000 Johnson Ferry Road

Building 400, Suite 412 • Marietta 30068

770-321-1347 • www.fitnesstogether.com/eastcobb

Hours by appointment.

The leader in private, personal training. We help our clients achieve, if not exceed, their lifelong wellness goals in a clean, professional and friendly environment.

### PERSONAL TRAINERS + NUTRITION

#### Studio 348 Personal Training for Women

3822 Roswell Road, Suite 114 • Marietta 30062 678-540-1518 • www.studio348forwomen.com

Mon-Thurs: 6am-12pm, 4-8pm; Fri: 6am-12pm; Sat: 8am-12pm. Small group personal training for women. Nationally Certified Personal Trainers work with 1-4 women at a time to provide quality personal training at an affordable rate. Each woman gets the individual attention she needs for fitness and nutrition.





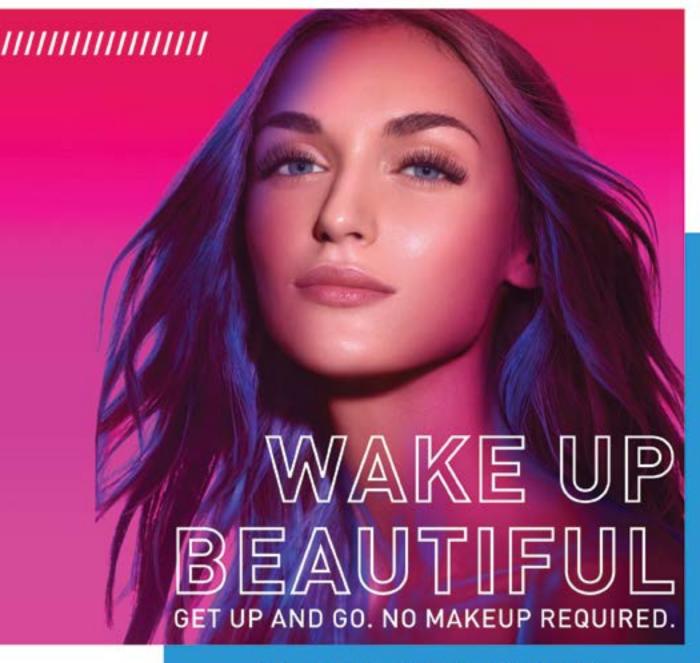


With LGE's Mobile Banking and Snap Deposit, you can bank virtually anywhere and everywhere. But while you're banking, you're putting more in your pocket. Because at LGE, you earn more on checking and pay less on loans. And you earn cash rewards the more you bank with us! So switch from your bank and discover smarter, better, more convenient banking. **Only at LGE.** 









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