

- D O M N L O M N





www.neenah.org 920-722-1920 135 W. Wisconsin Avenue Future Neenah, Inc.



INFORMATION MAPS & VISITOR

GIFT CERTIFICATES

Community Christmas Event December Small Business Saturday November Neenah BooFest October Vintage Adventure Fox Cities Marathon September Summer Madness Sale 1suguA Farmers Market July - Oct. Communityfest Mul Evening Concerts in Shattuck Park June - Aug. Out To Lunch Concerts June - Aug. InqA Ultimate Ladies Day Warm Your Heart February

Downtown Calendar of Events:

into Wisconsin Avenue in Downtown Meenah. the Main Street exit 132 and follow it until it turns in the Fox River Valley. When traveling Hwy 41 use Neenah is located between Oshkosh and Appleton





gro.esities.org 1-800-7-DO-WOKE Visitors Bureau: Fox Cities Convention &

www.foxcitieschamber.com 1017-487 (029) of Commerce: Fox Cities Chamber

> www.ci.neenah.wi.us (920) 886-6125 City of Neenah

For More Information:

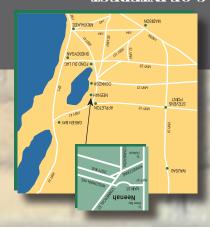
170-627 (026) 343 Smith Street Neenah Historical Society Octagon House

> **7796-674 (076)** 110 West North Water Street AOMY sdenabl-denabl

> > 0909-988 (076) 600 South Park Avenue Veenah Pool

8291-121 (076) 165 Vorth Park Avenue Bergstrom-Mahler Museum of Glass

> VEOUND THE DOWNTOWN: VKEVZ OE IALEKEZI



WELCOME

to the heart of Neenah! Situated along the shores of the Fox River, Historic Downtown Neenah is home to an unequaled mix of specialty retail, unique dining and a thriving professional and manufacturing sector.



Enjoy a tasty ethnic meal, browse our specialty gift shops, participate in our special events or take in the sites. Downtown Neenah is a great place to visit and do business.

We have a small town atmosphere with big city amenities.



The Downtown Neenah and East Wisconsin Avenue historic districts feature gracious homes and businesses built by our earliest settlers.

Photography courtesy: Scanlan Studios, Amy Barker, Ben Muldrow

SHOPPING

33 BILL PAUL LTD. – 722-1171 112 West Wisconsin Avenue 112 West Wisconsin Avenue www.billpaulltd.com
A diverse selection of clothing and accessories for men and women, from sportswear to evening wear
Tuxedo rentals. Tailoring and alterations.

76 BOOST MOBILE - 215-6594
105 Winneconne Avenue www.boostmobile.com
A Sprint authorized retailer. Wireless provider featuring an assortment of prepaid mobile phones, data plans & accessories.

52 CRANKED BIKE STUDIO – 720-0800
200 Main Street www.crankedbikestudio.com
Retail sales and services of all bicycles. Antiques, rentals, customs, clothing, nutrition, accessories.

78 EXPRESS CONVENIENCE CENTER – 722-1364 521 South Commercial Street

43 ELEMENTS UNLEASHED – 284-4664
210 West Wisconsin Avenue www.elements-unleashed.com
Clothing from casual to high-end couture. Lucchese and Corral boots. The Valley's premier experts in fur sales and service.

40 THE HANG UP CALLERY OF FINE ART – 722-0481
204 West Wisconsin Avenue www.hangupgalleryoffineart.com
Creative framing, original art, Sunset Hill Stoneware, prints, posters, gifts, handmade cards and jewelry, table décor, art materials, photo enhancement and printing, art consultation and installation.

11 HOLT'S JEWELRY – 722-0670
121 West Wisconsin Avenue www.holtsjewelry.com
"Igniting Passions, Fuffling Dreams, Honoring Commitments" A family owned business since 1954.
Appraisals, engraving and repairs done on site.

64 J. ANTHONY JEWELERS – 729-1642
220 South Commercial Street www.janthonyjewelers.com
Since 1987 owners Joe and Amy have hand crafted jewelry with handpicked diamonds from Antwerp and gems from around the world.

14 KNOX FURNITURE GALLERY - 722-0404

109 West Wisconsin Avenue www.knoxfurniture.com
Enjoy browsing through fine furniture and accessories in a comfortable and stylish atmosphere.

7 LUCY'S CLOSET PET BOUTIQUE - 722-5829

129 West Wisconsin Avenue www.lucysclosetpetboutique.com
For people crazy about their pets! We have fabulous and functional cat & dog accessories, toys and treats. We also have fun gift items for pet lovers! Grooming salon and spa located inside.

12 MOM AND POP PLACE – 725-0488
117 West Wisconsin Avenue www.momandpopplace.com
Toy store and baby boutique. Toys, games, dolls, clothing, gear and gifts.

9 THE NATURAL BOUTIQUE – 725-1380
125 West Wisconsin Avenue www.thenaturalboutique.com
Promoting holistic living with unique natural products and services including hundreds of pure and clean products for the mind, body, and soul featuring essential oils, teas and aroma therapy.

8 THE OLIVE CELLAR – 486-1781

127 West Wisconsin Avenue www.theolivecellar.com
We have a list of olive oils and balsamic vinegars we carry in the store, how the oils are made and the health benefits of olive oil. You can taste before you buy.

36 RED DOOR MERCANTILE, LLC – 378-7222
130 West Wisconsin Avenue www.reddoormercantile.com
An urban emporium modern day general store. To delight and feed the soul. Goods - Finds - Gifts. **47 SEW BIZ DRAPERY** – 729-6799

220 West Wisconsin Avenue www.sewbizdrapery.com
Custom made window treatments, bedding, blinds and cushions.

63 THE SHINERY – 573-5621 210 South Commercial Street www.shineryneenah.com
We are the only Moonshine Sample House and Gift Shoppe in the Midwest! Featuring 50+ different
moonshines and moonshine products including pickles, salsa, BBQ sauce, mushrooms, candy, candles, soaps and more! Book a private shine party.

75 THE TAILORED HIDE – 729-6330 www.thetailoredhide.com

447 South Commercial Street www.thetailorec Custom leather, repairs and alterations & gift gallery.

34 THOMAS A. LYONS FINE BOOKS - 486-1751

124 West Wisconsin Avenue www.lyonsfinebooks.com
New, used and rare books. Specializing in collections. Readings, signings and other events for book lovers.

77 TOBACCO OUTLET PLUS – 729-4953 501 South Commercial Street

501 South Commercial Street Premium cigar, beer, tobacco, friendly service. Must be 18. Across from Walgreens.

7 VINTIQUE, LLC – 727-7060

131 West Wisconsin Avenue www.vintiqueboutique.com
Vintique is an experience boutique. Our clothing is unique, romantic, inspirational and fun. Gifts, décor & accessories. True vintage and retro too.

83 WALGREENS – 729-1313 500 South Commercial Street "At the corner of happy and healthy." www.walgreens.com

53 360 CUSTOM SKATE SHOP – 851-9898 206 Main Street www.360customskate.com Boards, Accessories, Scooters, Apparel

53 360 LEATHER – 851-9898 206 Main Street www.360-leather.com Leather riding accesories, biker jewelry and knives at low prices.

DINING & ENTERTAINMENT

29 THE BALLROOM AT THE RESERVE

116 South Commercial Street www.neenahreserve.com
The Ballroom provides a luxurious space for entertaining and celebrating. Housed in the historic Equitable Reserve Association building, it is a venue for formal meetings, banquets, weddings, and parties.

71 BAO JU MANDARIN GOURMET – 969-3998
415 South Commercial Street www.baojuneenah.com
The finest Chinese food in town. Open all holidays except Thanksgiving. Delivery and gift certificates available.

34 BROKEN TREE PIZZA – 720-2275
124 West Wisconsin Avenue, Suite 170 (in Marketplace) brokentreepizza.com
Broken Tree offers wood fired pizzas, salads, and homemade soups with ingredients that reflect the
wood fired theme. An emphasis is placed on sourcing local produce, diary, and meat providers.

13 CANNOVA'S – 886-0325
113 West Wisconsin Avenue
talian Cuisine. Signature items include the Classic Pizza; the Alfredo Sauce and the
House Salad Dressing. Specialty pizzas, sandwiches, pastas/sauces.

26 COPPERSTILL BOURBON BAR – 486-1951
211 East Wisconsin Avenue www.copperstillbourbonbar.com
Whiskey and cocktails, craft and domestic beers and wine. Made to order flatbread pizzas.

84 DAIRY QUEEN NEENAH "DOWNTOWN" - 725-6531

One of Neenah's favorite stops with patio and inside seating. Serving you since 1952!

85 DOMINO'S PIZZA – 725-6656

436 South Commercial Street www.dominos.com
Delivery, carry-out, or eat in. Domino's has fresh, hot pizzas made to order along with sandwiches, pastas, wings, Coke products and more!

34 GREAT HARVEST BREAD CO. - 727-0135

116 West Wisconsin Avenue www.neenahgreatharvest.com
Great Bread, Nice People! Whole grain and specialty breads, cookies and other sweets.
Sandwiches, catering and gifts.

38 GREENE'S POUR HOUSE - 486-1049 134 West Wisconsin Avenue www.greenespourhouse.com Greene's Pour House is The Friendly Neighborhood Meeting Place. Voted the Fox Valley's Best Bar and Grill.

55 GORD'S PUB - 722-4575

Fun, food and spirits. Great char-broiled sandwiches and pizza. Darts, pool and foosball.

4 HONG KONG BUFFET – 720-7089 145 West Wisconsin Avenue www.hongkongbuffetneenah.com
All you can eat Chinese lunch & dinner buffet. Over 100 items daily. Carry out also.

27 LEVELONE RESTAURANT AND LOUNGE – 725-8441

Conveniently located within the Doubletree by Hilton in Downtown Neenah.

29 LION'S TAIL BREWING CO. – 427-7009
116 South Commercial Street (1st Floor ERA Building) www.lionstailbrewing.com Lion's Tail will brew and serve a diverse variety of unique beers and offers several great beers from the region.

46 MR. D's - 725-9472

218 West Wisconsin Avenue
Friendly bar with three dartboards, pool table and a large screen television.

44 PAPER CITY PUB - 727-0999

212 West Wisconsin Avenue
Serving Neenah's finest selection of beer, wine and liquor. Live jazz every Monday night.
Happy hour and drink specials.

45 THE PASTRY PIXIE - 486-7156

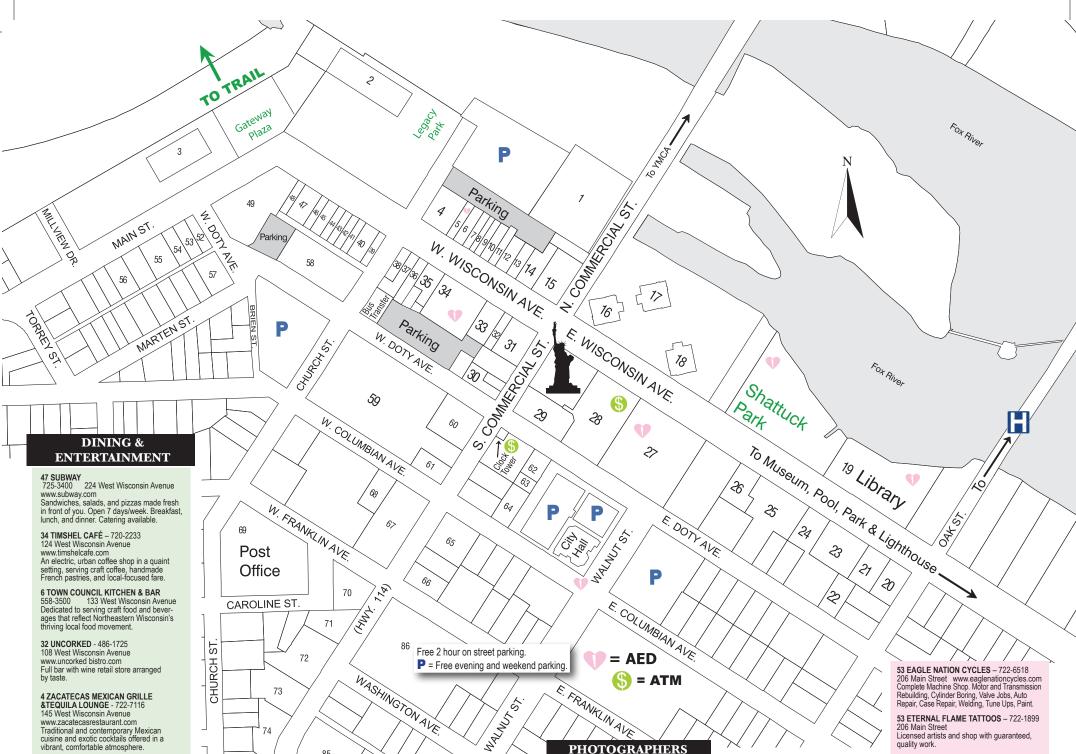
www.thepastrypixie.com

Custom cakes, bakery & lunch menu.

42 SABINO'S – 969-9549

208 West Wisconsin Avenue
Authentic Asian and Latin cuisine. Carry-out available.

34 SCOOP DOGS – 720-2275
124 West Wisconsin Avenue, Marketplace Building www.scoopdogsneenah.com
Many great flavors of hand scooped super premium ice cream and grilled food.



HOTEL

27 DOUBLETREE BY HILTON NEENAH 725-8441 or 1-800-725-6348 123 East Wisconsin Avenue

ART

40 THE HANG UP GALLERY OF FINE ART- 722-0481 204 West Wisconsin Avenue www.hangupgalleryoffineart.com Creative framing, original art, Sunset Hill Stoneware, prints, posters, gifts, handmade cards and jewelry, table décor, art materials, photo enhancement and printing, art consultation and installation.

34 ROOSTER DREAMS VISUAL ARTS

\$60-2564 124 West Wisconsin Avenue www.facebook.com/RoosterDreams Art classes, eat-drink-painting parties, and art camps. Drawing & Painting. Building & Creating.

ATTORNEYS

17 DIRENZO & BOMIER LAW FIRM 725-8464 Two Neenah Center, Suite 701 www.direnzolaw.com
Ten attorneys and staff providing legal and
accounting solutions and problem solving
for over sixty years.

73 GOGGIN & GOGGIN – 722-4265 429 South Commercial Street www.goggin-gogginlaw.com Full Service Law Office

22 HESSON & BIRTCH, LLC – 729-0303 244 East Doty Avenue www.heslaw.com Legal services for businesses and individuals.

21 KAEHNE, LIMBECK, PASQUALE & PASQUALE SC - 843-9950
247 East Wisconsin Avenue www.klpplaw.com
Divorce & Family Law, Criminal Law, Drunk

Bankruptcy, Immigration Law and Personal Injury **73 NEVITT LAW OFFICE** – 486-5061

429 South Commercial Street www.nevittlawoffice.com Compassionate guidance through trying family issues.

25 REMLEY & SENSENBRENNER, S.C. 725-2601 219 East Wisconsin Avenue www.remleylaw.com
Full service law firm with 50 years of experience handling individual & business ma

20 STILLINGS & BUCHINGER, LLC 725-5305 251 East Wisconsin Avenue www.stillingsbuchinger.com Full Service Law office. Attorneys Gordon Stillings & Melody Buchinger.

70 WINKEL LAW OFFICE - 725-8887 411 South Commercial Street Family Law, Real Estate, Business Law, Bankruptcy, General Law.

CHURCHES

59 FIRST PRESBYTERIAN CHURCH 200 Church Street www.firstpresneenah.org
Programs in Christian education, youth
ministry, music and mission outreach to the

60 FIRST UNITED METHODIST CHURCH NEENAH-MENASHA – 725-0166 108 West Doty Avenue www.fumcnm.org "Come, Share, Grow, Serve" Sunday Ser-vices: Blended Worship 9 a.m. and Casual

COUNSELORS

34 SANDBOX FAMILY COUNSELING - 725-3505 www.sandboxfamilycounseling.com provide support and guidance for your child

34 WINNEBAGO CAPITAL PARTNERS

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FINANCIAL INSTITUTIONS

Providing financial solutions to businesses and individuals in the Fox Cities for over

111 East Wisconsin Avenue www.chase.com

Complete financial services: personal, business,

AND CONSULTANTS

67 AMERIPRISE FINANCIAL SERVICES

307 South Commercial Street Specializes in creating a customized retirement game plan. Rollovers, secondary education, pension plans, wealth management.

4 EDWARD JONES, TROY NOEL

www.edwardjones.com/troy-noel

720-0988 145 West Wisconsin Avenue (2nd floor)

Specializing in creating a customized retirement game plan. Rollovers,

secondary education, pension plans and wealth management.

you develop your financial strategy.

33 NORTH SHORE INVESTMENT ADVISORS - 886-0505 110 1/2 West Wisconsin Avenue

www.sugarmapleam.com

34 INVESTMENT PLANNERS, INC. 886-1300 124 West Wisconsin Avenue

www.ipistrategies.com
We are a full-service financial advising team
that works at your comfort level. We'll help

17 LEGACY PRIVATE TRUST COMPANY

"Extraordinary financial management for the journey ahead."

34 SUGAR MAPLE ASSET MANAGEMENT, LLC

944-5480 124 West Wisconsin Avenue, Suite 240-A

An independent Registered Investment Advisory firm offering financial planning and fee based investment management services.

Two Neenah Center, Suite 501

MUNITY

www.wincu.org

31 ASSOCIATED BANK - 722-3321 100 West Wisconsin Avenue www.associatedbank.com

28 CHASE BANK - 727-3232

CREDIT UNION- 722-1473

mortgage, investments, trust services.

526 South Commercial Street www.wincu WCCU provides everything for all your financial needs. WIN with Winnebago!

W. WINNECONNE AVE.

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TYLERST

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150 years.

34 WINNESS.
383-1222
124 West Wisconsin Avenue, Suite 240F www.winnebagopartners.com
Venture Capital.

FUNERAL HOMES

65 KESSLER FUNERAL HOME – 722-6464 304 South Commercial Street Family Owned since 1886. Cremation services, preplanning and aftercare support.

58 WESTGOR FUNERAL HOME – 722-7151 205 West Doty Avenue www.westgorfunerallnomes.com "A tradition of sensitive service." Owners: Sara J. Westgor & Robert C. Karrmann.

MARKETING & ADVERTISING

29 DYNAMIC INSIGHTS - 720-9000 116 South Commercial Street, Suite 200 www.dynamicinsights.com A market research and growth consultancy working with clients to grow their business and know more about their markets.

36 ELEMENT – 983-9700 126 ½ West Wisconsin Avenue www.goelement.com
Element is a perfect blend of traditional marketing and web development services, a marriage of marketing and sales, and a down-to-earth culture

36 E-VOLUTION - 379-4430 128 ½ West Wisconsin Avenue www.ep4p.com Digital Marketing

67 KG MEDIA GROUP – 729-6232 307 South Commercial Street

34 SANDERS LARSEN WORDSMITHERY FOR MARKETING & PR – 810-1091 124 West Wisconsin Avenue, Suite 215 www.sanderslarsen.com Copywriting and communications of all genres.

MEDICAL & DENTAL FINANCIAL PLANNERS

3 AFFINITY MEDICAL GROUP CLINIC - 727-4200 101 Main Street www.affinityhealth.org 101 Main Street www.affinityhealth.org Urgent, Primary, and Specialty Care. Personalized Care. Accepting most insurance plans.

72 THE CENTER FOR AESTHETICS AND PLASTIC SURGERY – 725-0700 425 South Commercial Street www.centerforaps.com On site surges. On site surgery suites. Board certified plastic surgeons. Medi-spa: Botox, Permanent Make Up.

34 CK THERAPY, LLC – 915-6655 34 UK IHERAFY, LLC – 913-0050 124 West Wisconsin Avenue, Suite 210 Helping Your Child reach their physical best. Balance, Coordination, Posture, Strength, Range of Motion, Adaptive Equipment, Consultation, In-Office or In-Home Appointments, Group Classes Offered. Christina Keller, DPT

66 GULER CHIROPRACTIC CENTER S.C. 4 South Commercial Street Guler has been practicing chiropractic for 38 years and is a graduate of Palmer College. He is Advanced Proficiency Rated in the Activator

Method and accepts multiple insurances

68 NEENAH FAMILY CHIROPRACTIC - 969-1882 116 West Columbian Avenue Chiropractic care for all individuals and families insured or underinsured. Christopher Abel DC &

35 SMILE CREATIONS S.C. JAMES R. EIKE D.D.S. – 725-3592 126 West Wisconsin Avenue www.smilecreationssc.com Family dentistry.

4 VALLEY SPINE AND SPORT – 931-2532 145 West Wisconsin Avenue, Suite G www.valleyspineandsport.com Providing a comprehensive care approach for orthopedic, spine and athletic injuries.

PHOTOGRAPHERS

34 ADAM SHEA PHOTOGRAPHY – 215-1164 124 West Wisconsin Avenue, Suite 240E. www.adamsheaphoto.com Adam Shea provides wedding, event and portrait photography. He is rated among the top 5% of wedding vendors nationwide.

11 POLKA DOT UMBRELLA PHOTOGRAPHY 851-3457

891-3497
114 ½ West Wisconsin Avenue
www.polkadotumbrella.com
Danielle Kruse is a photographer specializing in
children, newborns, and families in studio and
on location.

36 RACHEL KEPSHIRE PHOTOGRAPHY - 724-531-5765 128 1/2 West Wisconsin Avenue www.rachelkepshirephotography.com Specializing in family, newborn and child

74 SCANLAN STUDIOS & PINNACLE GROUP PHOTOGRAPHY – 729-9013 433 South Commercial Street www.scanlanstudios.com Scanlan Studios specializes in creative fine

portraiture including weddings, senior portraits, and school and sports photos. 29 SWOONBEAM PHOTOGRAPHY - 213-6637

Specializing in newborn, child, family and birth photography. **36 TARA LEE PHOTOGRAPHY** – 460-8174

www.taraleephotog.com
Photography specializing in families and newborns.

PROFESSIONAL

ALTA RESOURCES - 751-5800 120 North Commercial www.altaresources.com Outsourcing solutions using technology, processes and people to increase client's sales and brand loyalty.

18 BEMIS COMPANY, INC. - 527-5000

18 BERGSTROM CORPORATION – 725-4444 One Neenah Center, Suite 700 www.bergstromauto.com An automotive sales and service retailer.

29 EXCELION PARTNERS - 716-8587 116 South Commercial Street, Suite 201 www.excelionit.com
The Excelion difference – providing IT solutions and consulting

80 NERCON - 844-293-2814 80 NERCON – 844-293-2814
600 South Commercial Street
www.nerconconveyers.com
Since 1976, Nercon has been engineering and
manufacturing conveyor and consumer goods
packaging equipment. It is primarily known for
their expertise in designing production lines for
manu different industries.

2 & 49 PLEXUS - 722-3451 One Plexus Way & 120 Main Street

Product Realization solutions through a customer focused service model since 1979. 34 POWERMATION - 969-9917 124 West Wisconsin Avenue www.powermation.com Providing innovative automation solutions with exceptional customer service.

www.plexus.com

37 SIMPLY WORK – 967-4000 132 West Wisconsin Avenue www.simplywork.com Simply Work enhances your existing Oracle HR applications with mobile apps, time clocks, biometrics, IVR and cloud-based solutions.

PUBLIC SERVICE

61 BOYS' & GIRLS' BRIGADE – 725-3983 109 West Columbian Avenue A 501(c)(3) youth organization serving boys and girls in grades 5-12 in the Fox Cities.

5 FUTURE NEFNAH, INC. - 722-1920 135 West Wisconsin Avenue www.neenah.org Non-profit civic and economic development

23 MASONIC TEMPLE - 722-3611 241 East Wisconsin Avenue

86 NEENAH JOINT SCHOOL DISTRICT 410 South Commercial Street www.neenah.k12.wi.us Administrative offices.

19 NEENAH PUBLIC LIBRARY – 886-6315 240 East Wisconsin Avenue

69 NEENAH POST OFFICE – 725-2437 130 West Franklin Avenue

SALONS

62 APPEARANCES HAIRSTYLING 722-2822 206 South Commercial Street Hair styling for men and women. Great service. Affordable. Located in the Clock

41 CHEVEUX SALON & SPA - 727-4529 206 West Wisconsin Avenue www.cheveuxneenah.com Experience the relaxing atmosphere of an Aveda concept Salon & Spa.

36 EPIC – 969-9393
128 West Wisconsin Avenue
www.epicmodernsalon.com
A modern salon focused on providing
consistently beautiful hair with an emphasis
on color. Feel at home in our boutique salon,
while being a pagengred by our professional while being pampered by our professional hairstyling staff.

29 FABRIC - 475-1065 116 South Commercial Street
www.fabric-hair.com
A boutique hair salon specializing in custom
colour, haircuts, and community. With years
of training in California and New York, Chris
brings a fresh approach to hair.

45 THE NAIL SALON – 725-5442 216 West Wisconsin Avenue Professional and personal nail care.

39 RADIANCE SPA – 931-5420 200 West Wisconsin Avenue healthyradianceskincare.com Relaxing services for Beautiful Healthy Skin Facials, Professional Waxing, Customized Airbrush Tanning, Mink Eyelash Extensions, Spa Pedicures, Makeup Application.

34 STUDIO 142 – 716-8217
124 West Wisconsin Avenue, Suite 142
www.studio142neenah.com
An Aveda salon dedicated to enhancing
your outer beauty including color, cuts, nails
and waving. and waxing.

57 VICKY'S BEAUTY SHOP - 722-3931 300 West Doty Avenue Quality and affordable. Experienced hair care for men and women. Serving all generations

SERVICES

34 BELLWETHER INTERIOR DESIGN 915-2998 or 843-2868 124 West Wisconsin Avenue, Suite 220 www.bellwetherinteriors.com www.bellwerlerinteriors.com
A design team that focuses on residential and
small commercial design in our community
and beyond. We strive for excellence and can
manage your large renovation project or even
a small makeover.

40 BON VOYAGE BOUTIQUE TRAVEL 202 West Wisconsin Avenue www.bonvoyageBT.com
Offering customized travel itineraries for individuals, families and groups of all sizes.

17 KAMPO PROPERTIES – 725-8484 Two Neenah Center, Suite 102 Managing and leasing of commercial and industrial space.

34 LIGHTHOUSE INSURANCE AGENCY, LLC

722-7210
124 West Wisconsin Avenue, Suite 230
www.golighthouseins.com
A family owned agency specializing in home,
auto and life insurance.

32 REMAX - 920-886-8300 108 1/2 West Wisconsin Avenue
We handle all aspects of Real Estate including

residential, commercial and land sales includ-ing property management. Free consultation and market analysis for your home or business. 39 WISCO TATTOO CO.

107 Church Street wiscoart.com
Shawn is a visual artist of many mediums including painting, photography, wood and metal
fabrication and tattoos. He creates custom
art and reclaimed wood décor crafting unique
creations including furniture and signs.

WELLNESS & FITNESS

52 CRANKED BIKE STUDIO - 720-0800 Retail sales and service of all bicycles.
Antiques, rentals, customs, clothing, nutrition, accessories.

67 CIARA'S TOUCH 307 South Commercial Street Massage

67 FTFRNAL SPRING NATURAL HEALTH CENTER & ALTERNATIVE HEALTH INITIATIVE – 486-1439 307 South Commercial Street, Suite 202 & 203

www.esnhc.com Todd Schuller, DC, C.Ac. and Leola Jacobi MSOM, C.Ac. offer acupuncture, chiropractic massage and nutrition services; yoga, Qi Gong and meditation instruction.

67 GIRLS ON THE RUN - 470-1200 ercial Street, Suite 104 A transformational learning program for 8 to 13 year-old girls. Teaching life skills through dynamic, conversation-based lessons

and running.

67 MOBILE HEALTH TEAM – 844-547-4343 307 South Commercial Street, Suite 101 www.MobileHealthTeam.com Mobile Health Team specializes in cholesterol management for all ages. They gather your whole health picture, and work with you and your family to create a realistic action plan that will have the BIGGEST IMPACT to your health.

67 NATURE'S PATHWAYS – 486-7400 307 South Commercial Street, Suite 017 A magazine and online resource that provides relevant information on living a healthy lifestyle via nutrition, fitness, personal growth, wellness. relaxation, and organic and green living.

67 SIMPLY ATTUNED - 474-6084 307 South Commercial S Discover Holistic Health rcial Street, Suite 013

67 THE PRESS THERAPEUTIC MASSAGE BY AMY GAFNER - 475-9525 307 South Commercial Street www.thepressmassage.com Various massage services offered including Deep Tissue/Therapeutic, Swedish/Relaxing, Craniosacral, Table Thai.

41 RELIEVE & RELAX MASSAGE, LLC

740-2050 206 West Wisconsin Avenue Wendy Schultz provides massages with attention to details. She is also certified in prenatal massage, and is one of the first in the Valley to offer Thermal Palms massage, a soft alternative to hot stones.

34 SATTVIC HEALING AND YOGA - 202-2030 34 SALTVIC HEALING AND TOGA — 202-2001
124 West Wisconsin Ave.
www.sattvichealing.org
Yoga, nutritional consultations, essential oils,
herbs, healing touch, Abhyanga, Shirodhara, Raindrop Therapy.