



Fall 2010 Stay Balanced Co-sponsored by



Stay Balanced - Connecting Personal & Business Contacts

Wonder how to stay connected with your contacts and clients? Do you want to learn ways to market yourself or find out how to use “partnership marketing”? Do you want to market your events, home, professional skills, or product line in a cost, time effective, and professional manner? Come find answers to your questions from this group of local specialists: Ad Shop; Front Door Promotions; Jaqua Realtors; Comensoli's Pasta Pasta; Kalamazoo Clipper

Thursday, September 23 6:00-7:30pm



FRONT DOOR
• PROMOTIONS •



**KALAMAZOO
CLIPPER**



Jaqua Realtors

Locally Owned • Serving all of Southwest Michigan

“Providing excellence”

Stay Balanced - Redesigning Your Space

Do you need to realign your space to fit your budget, lifestyle, or changing family size? Attend this program to learn everything from barrier free makeovers to making your home more cost, energy, and maintenance efficient. Local specialists sharing their expertise include: Douglas & Son, Inc.; Kalamazoo Custom Kitchens & Baths; M Dunn Design Works; Portage Glass & Mirror

Thursday, September 30 6:00-7:30 pm



Douglas & Son Inc.
Providing Paint & Wallpaper Since 1943



Md2 Michael dunn design

**All programs located at Portage District Library
No registration is necessary for these free programs. For
more information, call 329-4542**

Stay Balanced - Getting Help with Life's Day-To-Day Time Leaks

Where does all your time go? Need help with cleaning (business or home), household repairs, sprucing up a room or office space, providing nutritious meals, or mediating a dispute? If so, this program is for you. Area specialists available to answer your questions include: Reliable Handyman; Draperies on Wheels; Natural Health Center; Bee Clean; Goggin Rentals; People's Food Co-Op; Mediation Services of SW Michigan
 Thursday, October 14 6:00-7:30 pm



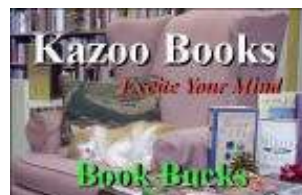
Reliable Handyman LLC



**MEDIATION SERVICES
 OF
 SOUTHWEST
 MICHIGAN**

Stay Balanced with Relaxation

Want to escape your hectic life without the hassles of travel? Need a place to find an oasis from life's stresses? Come discover area businesses that can help you find peace and quiet through books, food, healing arts, sports, and hidden gems of quiet ambiance. Local businesses that will help you find great escapes include: Kazoo Books; Chocolatea; Southwest Michigan Wellness Directory; Lee's Adventure Sports; Mangia Mangia; SolSpring at Kalamazoo Center for the Healing Arts
 Thursday, October 21 6:00-7:30pm



**All programs located at Portage District Library
 No registration is necessary for these free programs.
 For more information, call 329-4542**