



## Cummings North Shore News

CUMMINGS CENTER / DUNHAM RIDGE

New Neighbors, Friendly Reminders, Noteworthy News, and more!

March 10, 2020

### Special Offers

**Gainsboro Studio**, 950 Cummings Center, Suite 102-X, is celebrating its 12<sup>th</sup> anniversary at Cummings with a special offer for fellow Cummings Center client firms and their employees: a 10 percent discount on professional headshots. To learn more or schedule an appointment, call 978-921-7900 or email [gainsboro@yahoo.com](mailto:gainsboro@yahoo.com).



**CrossFit Five Plus**, 100 Cummings Center, Suite 135-E, is offering a free trial session to new members. Its experienced trainers work with new gym-goers, elite athletes, and everyone in between. Schedule your free trial session by contacting Mike at [mike@crossfitfiveplus.com](mailto:mike@crossfitfiveplus.com) or 978-969-6692.



### Health Advisory

The Massachusetts Department of Public Health offers several precautions people can take to help prevent the spread of respiratory diseases like the flu and COVID-19:

- Wash your hands often with soap and warm water, or use an alcohol-based gel.
- Avoid touching your eyes, nose, and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick and avoid contact with others.
- Get a flu shot, not because it will prevent the spread of COVID-19, but so that you stay healthy and out of the hospital.



More information is available at the Massachusetts Department of Public Health website.

### Upcoming Event



**Magical Beginnings**, 100 Cummings Center, Suite 110-J, is hosting *A Magical Night of Hope* on **March 21 from 7:00 to 11:00 PM**. The event will benefit Boston Children's Hospital and feature silent and live auctions, appetizers, and dancing. Tickets are \$75 and can be purchased in person at Suite 110-J or online. To learn more, make a donation, or become a sponsor, contact

## Sign of Success

**MetTrimMD**, 100 Cummings Center, Suite 108-J, recently extended its lease. We look forward to continuing our business relationship for many years to come!



## Noteworthy News

### catered life

**Catered Life**, 100 Cummings Center, Suite 127-Q, recently celebrated its reopening. The restaurant offers a variety of tasty sandwiches, as well as daily salads, charcuterie boards, soups, and prepared meals. Catered Life also provides meal prep services and catering. For additional information, visit the [website](#) or stop by Suite 127-Q.

Be sure to check out our other Cummings Center eateries, including: [Acapulcos](#), [Anthony's](#), [Jay Square Convenience](#), [Early Harvest Diner](#), [Marinos Café](#), and [The Breakroom](#).



**Sharing Industry Expertise:** **MassBio** recently featured a [guest blog](#) by Michelle Paul, business development officer at Cummings Center. Michelle tackled the tricky issue of transitioning from an incubator community to a dedicated lab space—an important move Cummings Properties has been facilitating for its biotech clients for decades. MassBio,

which has an office at Cummings Center, represents more than 1,200 life sciences organizations and is committed to advancing Massachusetts' leadership in the life sciences to grow the industry, add value to the healthcare system, and improve patient lives.

## Business Spotlight

**Montessori Kids Universe of Beverly**, 600 Cummings Center, Suite 171-X, recently celebrated its one-year anniversary as a member of the Cummings community. Its early-childhood education and enrichment programs feature a low child-to-teacher ratio and a focus on fostering curiosity and imagination in infants, toddlers, and preschoolers. Programs include DaVinci Kids, a proprietary Reggio Emilia-inspired curriculum that focuses on creativity through Science, Technology, Engineering, Art, and Math (S.T.E.A.M.). [Learn more](#) about Montessori.



**We want to hear from you!** Do you have news or a great photo to share? Is there a special you'd like to offer to Cummings clients? Email your news, offers, and photos to Helen Jeffers at [newsbrief@cummings.com](mailto:newsbrief@cummings.com).

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