



New Neighbor Profile

Welcome, **Christos Naturals LLC**, to 100 Cummings Center, Suite 321-D. This hair care company specializes in natural products for all hair types, offering a variety of cruelty-free options that are free of parabens, phthalates, dyes, artificial fragrances, and mineral oils.



Christos Naturals is hosting a “mini makeover” night on **Wednesday, March 4 from 6:00 to 8:00 PM**. The event will be held in the Community Conference Room, 100 Cummings Center, Suite 221-E, and will feature a glam bar and various products, as well as wine and bubbly drinks, hors d’oeuvres, giveaways, samples, and a live DJ.

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.

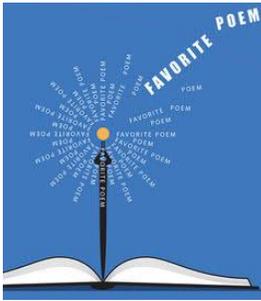


Upcoming Events

North Shore Technology Council, 100 Cummings Center, Suite 223-F, is hosting a biosciences seminar on **Wednesday, March 11 from 6:00 to 8:00 PM** at 48 Dunham Ridge, Suite 1000. **MassBio** director of diversity & inclusion Edie Stringfellow will be the keynote speaker. A panel discussion featuring Safety Partners president and founder Denise Aronson, Cadent



Therapeutics CEO Jodie Morrison, and Resolute Bio, Inc. CEO Allison Akerman will follow. Learn more and register [online](#).



[Beverly Rotary Club](#) and [Beverly Public Library](#) are hosting a “Read Your Favorite Poem” night at the Library on **Thursday, March 26 at 7:00 PM**. Submit the name of a poem, its author, and why it has significance to you for a chance to read it at the event. The entry deadline is **March 14**. For additional information or to submit your poem, visit the [website](#).

A One-hour Tour:

Part 3 of [Historic Beverly's](#) three-part walking tour about the history of United Shoe Machinery Company (USMC) and Cummings Center will be held **today, March 3, from 6:00 to 7:00 PM**. These tours are free for Historic Beverly members and \$10 for the public. Visit [Historic Beverly's website](#) to learn more about [the organization](#) and other upcoming [walking tours](#).

Noteworthy News



Sign of Success: [Resolve I.T.](#), 100 Cummings Center, Suite 435-C, recently extended its lease and expanded its footprint with the addition of approximately 600 square feet at 100 Cummings Center, Suite 433-B. Congratulations!

Does your firm need more square feet? If you would like to take advantage of Cummings Properties' penalty-free expansion space guarantee, please contact your account manager.

Friendly Reminders

Correction: No Smoking Update: [Massachusetts' Smoke-Free Workplace Law](#) prohibits smoking in any building or in any outside area where smoke may migrate into a building. This law also applies to the use of e-cigarettes, which are considered “nicotine delivery products” and are comparable to tobacco cigarettes.

Smoking cigarettes, e-cigarettes, or any related products is strictly prohibited **inside or near** Cummings Properties buildings and garages. Those wishing to use nicotine delivery products must do so outdoors, at least 30 feet away from building entrances or windows.

The use of marijuana is prohibited everywhere on the Dunham Ridge and Cummings Center campuses.

Business Spotlight



[MetTrimMD](#), 100 Cummings Center, Suite 108-J, has been a member of the Cummings community since 2015. MetTrim specializes in personalized medical weight loss programs for adolescents and adults using hands-on support with a protocol and a team of medical experts.

Its goal is to help patients reduce medical conditions caused by excess weight such as high blood pressure, high sugar levels, poor digestion, and joint pain. For additional information, visit the [website](#).



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