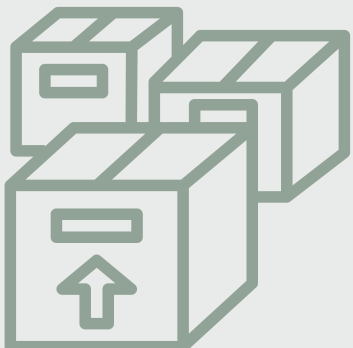


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2. Mastodon Moving
3. Consider It Done Organizing
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16. Mighty Dog Roofing
17. The Law Offices of Kenneth B. Phillips
18. Stacy Creamer, LMHC
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20. Certa Pro Painters
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25. Friends of Gardens Landscaping LLC
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CERTIFICATIONS

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Nutrition for Fitness professionals
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TRAINING MY SERVICES

All training is done virtually in the comfort of your home on Zoom. Our first meeting is a complimentary consultation where we discuss your fitness goals, lifestyle and habits, injuries and physical ailments that may impact your exercise as well as your availability for scheduling exercise into your day. We will also perform some strength, balance and flexibility assessments which will help direct the design of your fitness program. Equally as important as what you do in your program is the commitment and motivation that we develop in this process as a joyful and productive habit. I am dedicated to that process with you!

WHY?

Staying active, fit and comfortable in our own body is so important for physical, mental and emotional health. Exercising goes well beyond the weight room! A good exercise program can improve mood, muscle and bone strength, balance, how you sleep at night, energy level and focus during the day, weight loss and can help to reduce chronic disease. The benefits of exercise are many and I am so happy to be a part of this physical fitness community.



MASTODON MOVING

At Mastodon Moving, we're on a mission to be the best in the moving industry. Through continuous improvement, innovation, and a commitment to excellence, we strive to provide unmatched service.

Your seamless and stress-free move is our priority, as we set new standards and redefine what it means to be the best in the business.

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Michael J Barbarita
President - Next Step CFO
Fractional CFO and Strategic Business Coaching



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What does Next Step CFO do for small businesses:

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- Window and door replacement
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We employ dedicated and experienced trades people who care about your home. We take the time to analyze your individual situation to find the best solution for your needs.

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Contact John and his team for financial reviews and investment management.

- | | |
|--|--|
| <ul style="list-style-type: none">• Liquidity Testing• Retirement Cash Flow Projections• Income Tax Mitigation• Estate Tax Strategy | <ul style="list-style-type: none">• Comprehensive Investment Reviews• Completion Portfolios for Legacy Assets• Risk Minimization |
|--|--|

John has been conducting comprehensive financial reviews and implementing customized portfolios for over 20 years. He is a lawyer and a Certified Financial Planner®, and he has accepted an obligation to place his clients' interests before his own. His work has integrated institutional investment management with sophisticated tax, charitable, and estate planning techniques for business leaders, successful analytical professionals, and the ultra-wealthy.

Core Belief # 1

Focus on What You Can Control

- When do you need cash?
- Review all assets and consolidate
- Minimize taxes and fees
- Keep the back door locked – umbrella policy, medical evacuation plan, homestead declaration, current estate plan

Core Belief # 2

Maintain Discipline

- Buy low, sell high – rebalance, keep it simple
- Diversify to moderate volatility
- Favor quality – perform less worse than the markets
- Consider multiple scenarios
- Identify threats and opportunities and make incremental changes

Investment Themes

- Offset the tech & mega-cap overweight
- Int'l stocks provide a massive opportunity
- The pandemic recovery: cyclical and structural?



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HR Services for Small Businesses

HR Solutions At Work customizes HR services for every employer. Our multi-functional team will become a dedicated extension of your business to help you address your company's specific needs. Whether we are assisting you with an ongoing project or an urgent workplace issue, our HR and Employment Law professionals will help you develop and implement a solution that fits your workplace.

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can manage your business.**



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Located in Chestnut Hill, MA, Asher Nichols & Craftsmen is a full-service contractor specializing in home improvement projects. We tackle projects of any size, from kitchen and bathroom renovations to property additions. Above all, we pride ourselves on being green and staying committed to sustainability in all our projects. We've partnered with other environmentally-conscious companies throughout various projects in order to limit our carbon footprint and overall impact on the environment. Our team of highly skilled craftsmen are passionate about what they do. You can trust Asher Nichols & Craftsmen to get the job done right the first time.

In addition to providing a high-quality product, Asher Nichols & Craftsmen offers a five-year warranty on each project. The benefits of this warranty are twofold. First, it gives our clients peace of mind. On our side, it allows us to continuously improve the quality of our work, which contributes to our growing business.



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daniel@nystedtphotography.com

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603 978 4585

A New Englander born and raised, Daniel Nystedt received his first camera for his 8th birthday from parents who grew tired of him stealing and using their own.

Daniel began shooting weddings for family and friends while attending Gordon College in Wenham, MA where he studied a wide variety of art forms, ultimately graduating with a bachelor's degree in graphic design and a minor in sculpture.

Upon graduation, Daniel moved to New Hampshire where he began his photography business. After two summers of shooting weddings and events, Daniel returned to school in 2008 for his masters of Photography at LABA (Libera Accademia di Belle Arti) in Florence, Italy, ultimately graduating with highest honors; the first American to do so at the Italian University.

Daniel currently resides in Watertown, MA where he continues to shoot weddings, events, portraiture and architectural photography throughout the greater New England area. When he's not shooting for business purposes, Daniel teaches photography and mixed media courses at the Boys and Girls Club in Newton, MA and does pro bono work for a variety of different organizations in Haiti.





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As an artist with a passion for collaboration, Jason Sawtelle of BlackBeak Studios helps clients turn their vision into an inspiring reality with custom murals and decorative finishes. From distinctive high-end finishes on walls, ceilings and floors to contemporary art walls to kids' room murals, each piece Jason creates is customized to fit the space and the client's goals.

For inspiration, visit blackbeakstudios.com or reach out directly to Jason at jason@blackbeakstudios.com

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Preserve your assets for future generations



Protect and grow your business

Agent Bio:

Christina O'Connell is an agent with New York Life Insurance Company. She has been with Rocco Insurance and Financial Group since 2019 and transitioned into the agent role in 2023. Christina works with families and individuals to create a strategy to help achieve and protect their financial goals. Christina is detail-oriented and passionate about relationship building and delivering superb client service. Outside of the office, Christina enjoys spending time with her family and cheering on her two active girls.

Christina O'Connell

Agent

New York Life Insurance Company
*Rocco Insurance & Financial Group
2 Pleasure Island Road, Suite 2B
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The Law Offices of Kenneth B Phillips

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Natick MA 01760

Office: (508) 652-0085

Fax: (508) 519-2599

ken@kbplaw.com

DESCRIPTION OF SERVICES AND FIRM ORGANIZATION

Ken Phillips, has been an attorney admitted to the NY and MA bars for 28 years and owns and operates the Law Offices of Kenneth B. Phillips located in Natick, MA. The firm is a nimble boutique firm acting as an alternative to larger more cumbersome and costly firms.

Attorney Phillips practiced in Manhattan for several year before acting as in house counsel for a closely held family software company (Workscape) prior to establishing his own firm in Massachusetts.

The firm adeptly handles matters relating to:

Trusts and Estates – wills, Trusts,

Real Estate – closings including buyer, seller and lender representation, Purchase and Sale Agreements, leases, condo docs, evictions, Deeds, Zoning and Land Use Matters

Corporate Formation - creating and registering Limited Liability Companies, Operating Agreements, Partnership Agreements, Asset purchase agreements

Attorney Phillips' paralegals and associates., add capacity and handle Family Law, Criminal and personal injury litigation matters.

Attorney Phillips is active Philanthropically through the Natick Rotary, where he is President for 2023-2024, is an avid Miami Hurricanes Fan, enjoys spending time with his wife and 4 children as well as both playing and coaching Basketball.

Please feel free to email or call the above for a consultation.

Ken



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Charles River Insurance specializes in auto, home and business insurance. We are one of the fastest growing property and casualty agencies in the Massachusetts region. Our business is largely built on client referrals, a fact we believe says a lot about our commitment to customer service. We believe in quality over quantity and while we've remained the size of a

boutique broker to give our customers the personalized service they deserve, our producers and advisors are experts at working with clients big and small.

With 10 years of industry experience, Jeannette brings the highest level of professionalism, knowledge and expertise to the table. Her attention to detail and organization allows her to advise clients with the utmost consideration. Jeannette will spend the time simplifying all the complexities of insurance.

She is driven by her passion to help people. She majored in Nutrition and Dietetics at the University of Vermont. While she spends most of her day advising her clients on their insurance needs, her true love lies within leading a healthy and balanced life. Her hobbies include cooking, CrossFit and travel.

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Nadeau Electric services the needs of domestic and small commercial clients in the Greater Boston area. We Provide electrical solutions for a wide range of projects from removing and rewiring older homes to Kitchen renovations or simply adding an extra outlet in a room. We are here for all customers' electrical needs. Our goal is to always put the customer first, ensure work is done in a timely manner with workmanship second to none.

Jim Nadeau is the owner of Nadeau Electric. A graduate of Minuteman Tech, where he credits his head start in life and the reason he was able to start Nadeau Electric back in 2008 at only 23 years old. Jim started his apprenticeship working for a commercial company and then transitioned to Bogosian Electric that handled a mix of residential and commercial work.

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Services

Regular Cleaning: This type of cleaning is usually done on a weekly or bi-weekly basis.

Tasks Included:

- Dusting surfaces
- Vacuuming and mopping floors
- Cleaning bathrooms and kitchens
- Taking out the trash
- Wiping down countertops and surfaces
- Tidying up living or working areas

Deep Cleaning: Any special event coming up? BuZzz in for a more thorough and comprehensive cleaning process that goes beyond the surface.

Tasks Included:

- Cleaning behind and under furniture and appliances
- Scrubbing tile grout and bathroom fixtures
- Wiping down windows and wall sides
- Cleaning inside ovens, microwaves, and refrigerators
- Detailed dusting, including baseboards, ceiling fans, and light fixtures

Commercial Cleaning: Uniquely tailored for businesses, offices, and other commercial properties such as Airbnbs and vacation rentals.

Tasks Included:

- General cleaning tasks similar to regular cleaning
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- Floor care, including vacuuming, mopping, and polishing
- Waste management and recycling
- Laundry Care
- Post-construction cleanup or event cleaning

Can't wait to fly over and buZzz at your door any minute now..! 🐝⚡

Friends Of Gardens Landscaping LLC.

Residential and Commercial, maintenance and construction landscaping services

www.friendsofgardens.com



Our residential and commercial divisions offer a full range of landscape installation, including patios/walkways/retaining walls/driveways, summer kitchens, water features, outdoor landscape lighting, monthly lawn and horticultural maintenance programs.



Friends of Gardens Landscaping focuses on integrating all aspects of landscape care to improve your outdoor spaces. Our goal is to improve your dreamscape! We pride ourselves with a combined 30 years of experience working in the landscaping industry.

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SYMBIO is a professional landscape architecture firm that works with private residential clients to develop exterior improvements that enrich their outdoor living experiences and celebrate their unique lifestyles.

As landscape architects, we work with our clients to develop solutions that evaluate your property's pedestrian and vehicular circulation, explore how best to incorporate spaces for dining and lounge, and incorporate exterior features, including swimming pools, fire features, and garden structures.

This includes working with our clients to select efficient outdoor light fixtures and developing low maintenance native plant material.



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The Junk Removers, established in 2006 by Lu Annatone, is a Canton, MA-based company specializing in nonhazardous material removal for homes and businesses throughout Greater Boston.

What We Do?

The Junk Removers provide trash pickup, junk removal with recycling, and specialized services like cleanouts, furniture removal, and demolition of sheds, swing sets, and mattresses.

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My passion for architecture centers on creating deeply personal spaces that reflect each client's unique vision. A home is more than a structure—it's an expression of individual lifestyle and identity. At Slocum Hall Design Group, we believe great design is contextual, prioritizing the specific needs, aesthetic preferences, and functional requirements of those who will inhabit the space.

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David Boronkay
Principal & Owner



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With 25 years of experience in banking and branch management, I am deeply committed to helping clients achieve their financial objectives.

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Contact me today to learn how Eastern Bank can help!



Tatyana Melnik
VP/Branch Manager



781-433-9870



t.melnik@easternbank.com



1433 Highland Ave, Needham, MA 02492

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