



"Weather you are a top athlete or someone contending with pain Body Rolling can be adapted for you. The beauty is it enables you fix many of your own structural problems and feel better in your body." - DIANNE GLASS

YAMUNA® BODY ROLLING METHOD BY DIANNE GLASS

Over 25 years ago, I was amazed by the incredible and unique impact of the Yamuna Body Rolling Method and am thrilled to share it with Sarasota's health conscious community. Body Rolling teaches you life-long solutions to strengthen, align and relieve pain in every part of your body from your feet to your face. It empowers you to self-treat your own stress, pain, and discomfort while toning and lengthening. After a rolling session, many visibly stand taller with effortlessly better posture. Our proprietary method and kit of balls offer the tools to safely work on yourself anytime, anywhere. You can problem solve and self-heal to feel better in your body at any fitness level. Dive in and experience it yourself. Join one of my local classes or workshops to learn the technique, then, practice on the go with my online videos. Take the experience deeper in one of my immersion programs or annual destination retreats.

AS A LEAD GLOBAL CERTIFYING INSTRUCTOR in the Yamuna Body Rolling method for the last 20 years, 2016 and beyond is all about education. Training more instructors here in Florida makes this effective technique more accessible to all and creates new business opportunities for local wellness professionals. Stay tuned for more offerings, release and fun in our local community. I hope to see you on the ball.

YAMUNA® BODY ROLLING METHOD BY DIANNE GLASS

941-587-7327 | WWW.BODYROLLINGDIANNEGLASS.COM



"The Child Protection Center is a local non-profit, social service organization focused on protecting children and breaking the cycle of child abuse. As a business, if we are serious about reducing child abuse we must engage, support and educate everyone. Many advocates – individuals, groups, and business partners – have been pivotal in spreading the word and continuing the discussion about the reality of child abuse that exists in our community."

-Doug Staley, Executive Director

CHILD PROTECTION CENTER

For 35 years the Child Protection Center (CPC) has served children and families in the prevention, intervention, and treatment of child abuse. CPC envisions a community in which children are safe from abuse and free to thrive.

CPC'S FIVE CORE PROGRAMS REACHES 48,000 INDIVIDUALS in Sarasota and DeSoto Counties. The Child Protection Team serves children under the age of 18 against whom child abuse may have been perpetrated. Last year CPT helped over 1,020 children. The Sexual Abuse Treatment Program is available to children ages three to 18 verified as victims of sexual or physical abuse. The Kid Kindness Program serves children who have been identified as at risk for, or perpetrators of, some form of sexual misconduct and/or aggression. Over 5,000 hours of therapy were provided at no cost to these clients in 2014. Personal Safety and Community Awareness Program reaches all children enrolled in public and private schools, day cares, preschools, community at large and professionals. Over 41,000 students are taught the touching rule, Internet safety, and anti-bullying, along with professionals who work closely with children are trained on how to identify and report suspicions of abuse. The Children and Families Supervised Visitation Program serves children between the ages of birth and 18 whom the courts has ordered supervised visitation between the non-custodial parent and his/her child(ren). The program also provides Safe Exchange for families who are separated and share time with their child(ren). Over 640 visits were safely conducted last year.

Information about CPC's programs, events and activities, and needs are available online at www.cpcsarasota.org or by calling 941-365-1277, Ext. 103.







"Technology is rapidly changing and commoditizing accounting services. Business owners are looking for value and for advice that goes well beyond the numbers. We are using video and cloud-based services to communicate with our clients which helps them stay instantly in touch with us and their business finances from their smartphone, tablet, and other portable devices. We are a GPS for their business; guiding where they are going and how they are going to reach their goals. I welcome the opportunity to oversee their continued success. 2016 is going to be a fantastic year for our clients and we welcome any small business owner who wants to join our team!"

-BRIAN J. McGINN CPA, OWNER

COMPLETE SMALL BUSINESS

Complete Small Business Solutions has been providing tax planning, accounting and payroll services to area businesses for more than 19 years. We were named the 2015 Accounting Firm of the Year by the Professional Association of Small Business Accountants (PASBA), a national association of 200 offices.

WE PROVIDE OUR CLIENTS with guidance throughout the year by taking a proactive approach to tax consultation. Our services include a full range of record keeping support, which result in opportunities for clients to take advantage of timely advice in decision making and avoiding costly mistakes. Client relationships with Complete Small Business Solutions professionals are on a monthly flat fee basis that is all-inclusive. We also offer customized methods for payroll needs. We are Quick Books Pro Advisors and provide consultation to our clients using current and time-saving technology not utilized by our competitors. Complete Small Business Solutions is a local public accounting firm. We are long-time members of the Sarasota Chamber of Commerce and a supporter of several local charitable organizations. As a member of PASBA, we bring the collective resources of a nationwide network of CPAs, Enrolled Agents and accountants to our firm. Additionally, through local contacts developed over the years, we are confident in handling all client needs and communicating in a way our clients can understand.



COMPLETE 2018 OAK TERRACE, SUITE 102
SMALL BUSINESS
SOLUTIONS
941-926-4687 | COMPLETECPA.COM

DIAMOND VAULT

"We are in the business of celebration. When a guest enters our store, we want them to feel that their engagement, anniversary or special occasion is just as important to us as it is to them. We make sure that every detail is perfect so that when they leave, their jewelry becomes part of their own story." Michael Chokr, Owner





Every piece of handcrafted jewelry from Diamond Vault is made with something very special: a story. From the moment a customer walks in to acquire something special, the Chokr family meets them with excitement and humility, a rare combination in the jewelry business. Since 1978, Diamond Vault has raised the local standard of glittering gemstones and precious metals and garnered the attention of a global audience through their creation of one-of-a-kind settings. Starting with a custom design isn't the easy way to make jewelry, but it is the right way when purchasing a piece that is as meaningful as it is lovely. The talented team of GIA Graduate Gemologists and jewelry designers capture each exquisite piece through full-scale hand-carved wax molds or through intricate CAD designs to best reveal each stone's unique personality. The finished product is hand-set, finished and polished with careful attention to preserve the quality and beauty as each setting takes its place as an instant heirloom for the wearer.

WHILE A FAR-REACHING CLIENTELE (stretching from the United Kingdom to Norway to China) has established Diamond Vault as a premier purveyor of the finest diamonds, rare colored gemstones and watches along the Gulf Coast, the heart of this family-run business is evident to every customer that gazes at their illuminated cases.



3979 S TAMIAMI TRAIL | 941-921-4016 | DIAMONDVAULTJEWELERS.COM

"Every nonprofit organization should realize the importance of marketing, branding and outreach in their local community, as it is essential to the growth and success of the reach of that organization. We are extremely lucky to live in such a philanthropic community where business owners, individuals and organizations give their time, talents and resources in a way that shows commitment and dedication to improving the community. We are proud to have the support of our board, our donors, our leadership and team members and the community as we work to continue changing lives through the power of work."

-Вов Rosinsky

GOODWILL MANASOTA

In 2011, Bob Rosinsky was one year away from becoming the new CEO for Goodwill Manasota and he put in place the groundwork for his vision for the organization. He hired Veronica Brandon Miller to head up the Goodwill Foundation the philanthropic arm of Goodwill Manasota that would help also rebrand the organization and create more focus on community. Rosinsky and Miller changed more than just the colors and mission; they created an organization that encompassed an army of volunteers referred to as Goodwill Ambassadors. Along with the Ambassador Program, they spearheaded public awareness campaigns of the real mission of Goodwill Manasota: changing lives through the power of work.

GOODWILL MANASOTA'S BUSINESS MODEL FOCUSES the sales from donated items, along with philanthropic donations, to fund employment in the community. This is the true meaning of providing a 'hand up' and not a hand out to those in need and this model has led to Goodwill Manasota being recognized as the "Best Nonprofit of the Year" awarded from prestigious companies including the *Tampa Bay Business Journal*, the Greater Sarasota Chamber of Commerce and the *Herald Tribune*.



2705 51ST AVE EAST, BRADENTON, FL 34203 941-355-2721 | EXPERIENCEGOODWILL.ORG



"Lakewood Ranch has a large array of business opportunities related to commercial development from land sales to leasing opportunities for every type of business. We are continuing to evolve the offerings in Lakewood Ranch with the creation of a healthcare, life science and educational campus, as well as a pre-certified Florida Power & Light data center site with their associated development opportunities."

-KIRK BOYLSTON



Lakewood Ranch Commercial is a subsidiary of Schroeder Manatee Ranch (SMR), the developer of Lakewood Ranch. We are an industry leader with a strong reputation in commercial real estate services. We have an intimate knowledge of our community and future developments - giving our team a competitive edge in today's market. We are "business ready," offering companies the right location and connections to be successful. Join the more than 1,200 companies that already call Lakewood Ranch home. With more than 4 million sq. ft. of current development and entitlements for up to 12 million sq. ft., there is plenty of room to grow in one the nation's top "green" communities. Our impressive portfolio of business opportunities includes land lots, office suites, retail space, data center sites and research education campuses. Our comprehensive services include site selection, market analysis, contract negotiations, interim financing, permanent financing, construction and property management to qualified prospects. We are committed to excellence and built for business.



14400 COVENANT WAY | 941-907-6677 | LWRCOMMERCIAL.COM



"Thirty years ago, four friends got together and decided to open a restaurant in sleepy Downtown Sarasota and we made it happen. These friends, John Knowles, Jack Fehily, Joe Patrick and Jim Sullivan are responsible for this thriving business today. Originally located at the corner of Main Street and Pineapple Avenue at Five Points for 25 years, Patrick's 1481 made a historic move out of the Kress Building to Main Street. The timing of the move was perfect as Patrick's recreated its image as Patrick's 1481 and the business has been booming ever since." — JIM SULLIVAN, OWNER

PATRICK'S 1481

One of Sarasota's most beloved downtown restaurants recently celebrated a major milestone anniversary, 30 years of food, fun and libations! Welcome to Patrick's 1481, a local institution specializing in the art of spectacular burgers and casual fine foods. As a favorite among locals and Main Street power lunchers, Saturday morning brunchers from the Farmer's Market and late night revelers, the menu reflects a dedication to serving high quality dishes and freshly prepared salads and seafood to satisfy every taste. In 2010, Patrick's moved a mere 300 yards from their original location in the historic Kress building to an expanded location at 1481 Main Street and established a new chapter for the storied restaurant, reopening at Patrick's 1481. Continuing the tradition of bigger and better burgers, the newer iteration of Patrick's 1481 still features friendly staff an easy atmosphere and spacious bar that makes downtown Sarasota a top dining destination in the city.

OWNER JIM SULLIVAN ATTRIBUTES THE BURGERS for the longtime success of the business, but knows that the extensive menu is what brings diners back time and time again. Much more than a traditional burger joint, Patrick's 1481 boasts an updated menu that includes an impressive array of appetizers, starting with a jumbo shrimp cocktail and pan seared ahi tuna while serving up crowd pleasers like jumbo buffalo wings and a hearty chicken quesadilla. Freshly prepared salads, specialty sandwiches and entrees are as impressive as they are popular. Whether you're in the mood for prime rib, shrimp scampi, chicken francaise or jumbo sea scallops, you'll find all of that and more at Patrick's 1481.





"At Rugs As Art, we believe in the importance of being personal. Building relationships with each person who enters our store is the best part of serving the community. We strive to provide an experience through exceptional customer service, and ultimately, creating friendships with our customers. We also realize that each customer has a different lifestyle and budget and we have setup the store with that in mind. There is truly a selection for every taste, a rug for every home and a price for every purse."

-John Murse, Owner

RUGS AS ART

IN 1986, JOHN MURSE TURNED HIS PASSION FOR RUGS INTO A BUSINESS AND OPENED THE DOORS TO RUGS AS ART IN SARASOTA.

With a strong background in retail and importing, he set out with a vision to offer quality area rugs to the Sarasota market along with superior selection, outstanding service and unbeatable pricing. These principles allowed Rugs As Art to grow from a humble 800-squarefoot showroom to the almost 20,000-square-foot showroom the company now occupies on South Tamiami Trail. Rugs As Art is highly lauded within the industry and was recently recognized as the "Best Rug Store in America" by over 100 area rug importers. Locally, the company has received numerous honors as well, including both the Insignia Award for Best Customer Service and the Frank Berlin Small Business of the Year Award by the Greater Sarasota Chamber of Commerce. With over 5,000 rugs in stock from approximately 40 rug-producing nations, Rugs As Art has the capacity to serve any big city in the nation. However, John recognized the Sarasota community as the ideal location to build not only his business, but also life and family. Operating a true family business, John is thrilled to work alongside his wife Lucy and their sons Matthew and Jesse on a daily basis. Rugs As Art has over 30 employees who are responsible for making each customer's shopping experience friendly and inviting. From indoor-outdoor and machine mades to the finest hand-knotted, Rugs As Art undoubtedly has a rug to fit every style and budget. The company also has a wonderful assortment of furniture, art, pillows and accessories that are hand selected with the west coast of Florida in mind. Additionally, Rugs As Art specializes in masterful cleaning, repair and appraisal of rugs.



6650 S. TAMIAMI TRAIL 1-800-733-7847 | RUGSASART.COM



"Sarasota Memorial Healthcare Foundation is about growth, values, and retention of our loyal donors. Everyday, I approach my job through telling and sharing stories of our incredible hospital, healthcare providers, patients and donors. My kids love stories, so why not reach big kids with stories, too? Perhaps we did learn everything we needed to know in kindergarten after all."

—Nikki Taylor: Connector, Problem Solver, and Strategy Enthusiast and Director of Marketing for Sarasota Memorial Healthcare Foundation

SARASOTA MEMORIAL HEALTHCARE FOUNDATION

As the Director of Marketing for Sarasota Memorial Healthcare Foundation (SMHF), Nikki Taylor's job requires her to be many, many things. Chief of all her responsibilities is that of storyteller; sharing the role of the healthcare foundation, and why it is a valuable asset to the community. Luckily for Taylor, sharing the Healthcare Foundation's story doesn't feel like work at all. While her role shifts daily from fostering connection, engagement with volunteers and donors, she also loves when her focus turns to her favorite pastimes like conversion making, problem solving, data sifting and cultivating strategy. Business as usual for Taylor includes countless hours learning new industry tricks, having extreme amounts of real life face time (no apps necessary) with those who are important to the Foundation. Using digital outlets such as Periscope, Twitter and Facebook helps to stay top of mind and to cast a wider net but never replaces the importance of personal relationship building.

TAYLOR, WHO HAILS FROM A STRONG BUSINESS BACKGROUND

is channeling her many years of leadership in the not for profit sector to developing marketing and online conversion strategies. A decade of marketing expertise has sharpened her skills in telling the story of SMHF, but her personal experience makes it feel like going home in a sense. "Their mission is my mission," says Taylor, whose father died of a rare illness in 2010. "Improving Sarasota's healthcare through engagement and philanthropy changes so many things for all of us. In my case, the patient that I strive to serve is the memory of my dad. In order to offer the best in healthcare our philanthropic efforts must be efficient and constant, making progress 24/7, 365 days a year."



1515 S. OSPREY AVENUE | SMHF.ORG | 941-917-1286



SIGNZOO

With over 15 years in business, SignZoo is deeply rooted in the Sarasota community. It continuous to be our pleasure to work with local leaders to build their businesses. We've grown at SignZoo, but we remember who helped us get started. Local business has always been a priority for us, especially as our fleet graphics have gained recognition and popularity across the country. We feel that you, the local leaders here in our own backyard, helped perfect what sets us apart, our quality and service. It was from your businesses we learned how important care and attention to detail was to our customers. We have truly built our business by helping you build yours.

SIGNZOO IS A NATIONALLY RECOGNIZED PROVIDER of best-in-class fleet, marine, and architectural graphics. Specializing in the service and franchise industries, our brand-elevating, high-impact graphics deliver effective results. Our team of experienced representatives, elite designers, and certified technicians ensure our clients the highest quality and service.

"SignZoo is a close-Knit group that operates as a family. We are genuinely grateful. We know you've got many choices when it comes to your vehicles and storefronts. We hope you'll continue to trust us with your business, and we're committed to being the best graphics partners we can be."





"Sir Speedy Sarasota is honored to be recognized by the Sarasota Chamber of Commerce as Small Business of the Year for 2015. We have the best employees in the industry, and we are incredibly grateful for their hard work and dedication to helping our customers grow their businesses!"



SIR SPEEDY SARASOTA

Sir Speedy Sarasota, owned by sisters Eileen Rosenzweig and Jackie Sanderson, is an independent franchise founded in 1981. We are the fourth highest volume Sir Speedy out of over 500 locations. We have 25 employees and a 7,000 square foot state-of-the-art facility in central Sarasota. Our production is housed on-site, giving us full control over the quality and speed of our customers' jobs. Our success can be attributed to our ability to quickly adapt and change with technology and the needs of our customers. Over the years we have consciously transformed ourselves from a traditional quick printing company to a digital print, sign, and marketing company. Our in-house production includes digital, offset, and sign printing, graphic design and mailing services. Our goal is to be a one-stop shop for our customers' print, sign, and marketing needs. Our reputation and reliability are second to none, as exemplified by our growth and our long-term customer base. We have vast experience, specifically, in implementing webto-print solutions for multi-location organizations. We are experts in helping companies organize their printed materials, ensuring their brand consistency and controlled costs.

OUR CUSTOMER SERVICE CULTURE is pervasive, and our employees are empowered to do whatever it takes to get the job done and meet our customers' needs.





3939 S TAMIAMI TRAIL | 941-922-1563 | SIRSPEEDY.COM

"Our Christian values shine through in all we do to make the experience of private duty home health care truly special for you and your loved one."

-ROGER AND CAROL TUCKER, FOUNDERS OF TRUSTWORTHY HOME HEALTH CARE.



TRUSTWORTHY

Trustworthy Home Health Care is a licensed and bonded faith-based home health agency that provides medical and therapeutic treatments in the comfort of the home. After many successful years in the real estate industry, Roger and Carol Tucker, founders of Trustworthy Home Health Care, sought to do more for others and give back to the community. Ultimately, they formed Trustworthy Home Health Care as a way to express their faith by bringing quality, compassionate assistance to adult patients who need continued care after hospital discharge, surgery, rehabilitation, or for those seeking on-going daily nursing services.

FROM 24-HOUR COMPLEX CLINICAL CARE to weekly patient visits and more, the skilled Trustworthy Home Health caregivers enable people to enjoy quality of life following illness, injury, surgery or other life challenges. Their fully licensed and insured nursing and therapy teams work closely with each client, their family and physician to develop a care plan that is appropriate, effective and meaningful. The result is an exceptional team dedicated to delivering hands-on, state-ofthe-art care services that provide the proper level of attention and keep you up-to-date with accurate information. They understand the anxiety and fear associated with the care and healing process, and believe they have a responsibility to be the patient's advocate, friend and reliable care provider.

With Trustworthy Home Health Care, you are not alone on this journey.



1231 SARASOTA CENTER BLVD.
941-377-CARE (2273) | TRUSTWORTHY.CARE



IF THERE'S ONE THING THAT SARASOTA DRIVERS WANT MORE OF, IT'S PURE, HEART-PUMPING POWER. WE OFFER A RANGE OF CONTROL OF DIFFERENT REFER OF DOMEDHOLISE OF SYSTEMS TO THEM EVEN THE MOST HEDCH EAN OF ENGINES INTO A WHOLE DIFFERENT REFER OF DOMEDHOLISE IF THERE'S ONE THING THAT SARASOTA DRIVERS WANT MORE OF, IT'S PURE, HEART-PUMPING POWER. WE OFFER A RANGE OF SYSTEMS TO TURN EVEN THE MOST HERCULEAN OF ENGINES INTO A WHOLE DIFFERENT BREED OF POWERHOUSE. PERFORMANCE

We do everything from custom exhaust systems to stage 2 ProCharger Kits. Our Senior Master Certified Technicians can handle We do everything from custom exhaust systems to stage Z Prounarger NIIS. Our Denior Master Certified Technicians can nandle EcoBoost performance upgrades from the 1.6L in the Fiesta to the 3.5L in the F-150 and Taurus! Whether you are looking for second to the stage of the stag something simple like the JMS BoosMax and/or Pedal Max to increase power or a complete overhaul including catted downpipes. something simple like the JMS Boosmax and/or Medal Max to increase power or a complete overnaul including carea downpipes, turbo replacements, and custom tuning, 707 Performance is your one-stop shop to make it happen! This is a fully integrated and new turbo replacements, and custom tuning, 707 Performance is your one-stop shop to make it happen! This is a fully integrated and new turbo replacements, and custom tuning, 707 Performance is your one-stop shop to make it happen! turbo replacements, and custom tuning, 707 Performance is your one-stop snop to make it nappent this is a tuty integrated and new car franchise dealer entity that provides the highest quality vehicle appearance and performance custom personalization. 707 strives to provide automatically that provides the highest quality vehicle appearance and performance custom personalization. to provide our customers with unique appearance and performance enhancements that have up till now have only been available. through independent contractors or manufacturing related suppliers with limited options or limited after purchase support. All 707 build independent contractors or manufacturing related suppliers with limited options or limited after purchase support. Inrough independent contractors or manufacturing related suppliers with limited options or limited after purchase support. All 707 build information of the vehicle original financing.

Warranties are equal to or in excess of the original manufacturers warranties and can be included in the vehicle original manufacturers.

