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16 | BUSINESS

Let your in



Frontier Park as well as from special The week-long, full-day Art Camps for child feels valued. Don't wait long to Each month on First Fridays, the For the chance to spend time in the gallery community, and enjoy a wide array of events. Coming up on Feb. 4 "A Road & Water is the featured event. Smitten? What's not to love? This historic gem also offers classes and kids. From 6-8:30 p.m. on Feb. 1 design studio Roses + Mint will guide you through creating beautiful bouquets. This only event also includes decorating yd vase and two glasses of champagne 21). Learn more and discover all the Four Centre has to offer online at foundryartcenter.com

Live your best, r



Jenny Andrade, NPC

"I don't feel better," they hear until you help As a licensed family nurse practitioner and a functional wellness specialist at Wheeler Wellness, Jenny said her least favorite word is "fine." "Fine is not fantastic and fantastic is completely attainable," she said. In fact, the goal of functional wellness is to get to the root cause of a person's ailments and to make small changes in their everyday life that can lead to long-term success, and help them take back control of their health. "One of my favorite phrases is 'disease begins in the gut,'" Jenny said, explaining that the vagus nerve – the longest neural pathway in the body – travels from your gut to your brain and tells the brain what to do about your organs, including your heart and intestines. "To improve how your body functions, Jenny applies a three-tiered approach: 1. Rapid relief. 2. Therapeutics; and 3. Maintenance. "First, we work to relieve the symptoms, such as pain, inflammation, discomfort. Then, we look at the root of the problem and what the body needs to get back in balance. Once the body is working the way it should, we develop a plan to keep it functioning that way and keep our patients living their best lives," Jenny said. To learn how you can return to wellness, call (636) 244-0686.



3904 Old Hwy. 94, Suite #200
St. Charles
(636) 244-0686
www.wheelerwellnessmo.com

Your one stop floor shop



Owners Jill and Brian Beseda

Beseda Flooring & More is celebrating its 37th anniversary as a family-owned and operated business.

Featuring quality products, providing incredible customer service and having true trade craftsmen to install your flooring is what assures their clients of a first-class experience at Beseda Flooring. Their showroom features most major brands in a comfortable, stress-free shopping environment. Customers will be surprised at the wide selection of products offered in carpet, wood, tile, laminate, luxury vinyl plank and vinyl tile.

When choosing a new floor for your home, Beseda Flooring assists their customers in finding the right product to meet their specific needs. The company's experienced flooring specialists will assist you from concept to installation and

everything in between. Providing valuable product advice and innovation is what has kept generations of customers returning to Beseda Flooring.

"Our in-home estimates are always free," said Brian Beseda, who owns the company along with his wife, Jill.

The Besedas are active members of the community and proud to live and work in St. Charles County. Brian firmly believes that when people do business locally, they not only get personal service and real value, but they help to strengthen their community and local economy as well.

Beseda Flooring is open from 9 a.m.-6 p.m., Monday-Friday; 9 a.m.-1 p.m. on Saturday and on evenings and Sundays by appointment. It is the Besedas' hope that you will invite them into your home to become "your one stop floor shop."

BESEDA FLOORING & MORE

5773 Westwood Drive • St. Charles
(636) 926-9989
www.besedaflooring.com



James Johnson,
LPL Investment Advisor
Representative

"I want to help people plan confidently for the retirement they want," James said. "By listening to clients' questions, concerns and hopes for the future, I identify investment strategies to implement as part of a comprehensive wealth management plan that helps them pursue their specific goals."



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