

Special Feature

SPECIAL ST. CHARLES REGIONAL CHAMBER MEMBER RATE 2022

Approx.
250 words
Actual Size:
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16 | BUSINESS

Let your in



Frontier Park as well as from special The week-long, full-day Art Camps. Each month on First Fridays, the Fou community and enjoy a wide array of events. Coming up: 4/14, 4/15, 4/16, 4/17 & Water is the featured event! This historic gem also offers classes and kids. From 6-8:30 p.m. on Feb. 1, design studio Rosies + Mint will guide "go through your closet" workshops. This only event also includes decorating vase and two glasses of champagne. 21). Learn more and discover all the Fou Centre has to offer online at foundryarts.org

Live your best,



Jenny Andrade, NPC begins in the gut," Jenny said, experiencing the vagus nerve—the longest neural pathway in the body—travels from the brain and tells the brain what to do. To help her know her body functions, Jenny applies a three-tiered approach: 1. Rapid relief. 2. The therapeutic. 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. The body is working the way it should, so develop a plan to keep it functioning that will keep our patients living their best lives," Jenny said. To learn how you can return to wellness, call (636) 244-0686.



Your one stop floor shop

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

"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 pathway in the gut'—travels from the vagus nerve—the longest neural about your organs, including your heart and intestines.

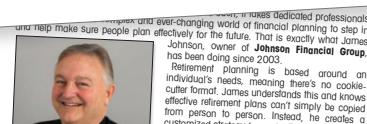
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(636) 244-0686
www.wheelerwellnessmo.com



As a licensed family nurse practitioner and functional wellness specialist at Wheeler Wellness, Jenny applies the favorite word is "fine."

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