



BRICKELL HARBOUR
Condominium Association Inc.
 200 SE 15th Road
 Miami, Florida 33129

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PROPERTY STAFF

Property Mgr Lorena Cantillo

IMPORTANT NUMBERS

Front Desk....305-854-6144 ext. 1
Office.....305-854-6144 ext. 2
Fax305-854-2945
Emergency1-800-514-5770

OFFICE HOURS

Monday-Friday 9:00 AM - 5:00 PM
 Please email lcantillo@kwpmc.com
 to make an appointment with
 management



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March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

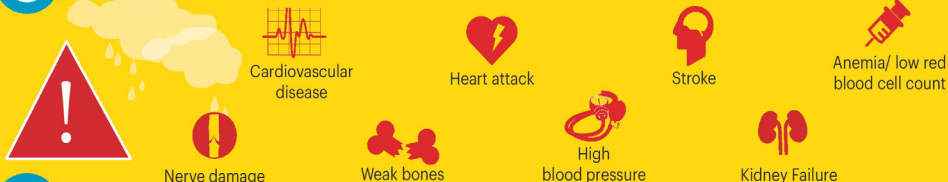
Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

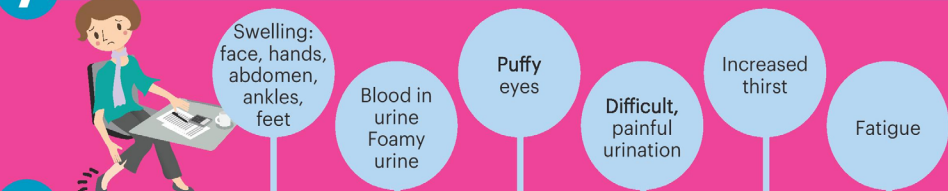
8 PROBLEMS KIDNEY DISEASE CAN CAUSE



4 RISK FACTORS



7 SYMPTOMS



2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



Learn more at kidney.org

WACKY WARNING LABELS

Every year, the Michigan Lawsuit Abuse Watch (M-LAW) organization holds a contest to find the wackiest warning labels on products, intended to highlight the potential for frivolous lawsuits. In recent years, companies have been coming up with more and more warnings on their products in the hopes of protecting themselves from lawsuits by consumers who have used their products in ridiculous ways. Since 1997, they've been collecting submissions for their Wacky Warning Label Contest, with submissions including the funniest warning labels around. Here is a sampling of some past winners:



- On a bottle of drain cleaner: “If you do not understand, or cannot read, all directions, cautions and warnings, do not use this product.”
- On a snow sled: “Beware: sled may develop high speed under certain snow conditions.”
- On a fishing lure: “Warning, harmful if swallowed.”
- On a carpenter’s electric router: “This product not intended for use as a dental drill.”
- On a baby stroller: “Remove child before folding.”
- On a package of sleeping pills: “Warning: may cause drowsiness.”
- On a public toilet: “Recycled flush water unsafe for drinking.”
- On a snow blower: “Do not use snow blower on roof.”
- On a dishwasher: “Do not allow children to play in the dishwasher.”
- On a container of underarm deodorant: “Caution: do not spray in eyes.”
- On a household iron: “Never iron clothes while they are being worn.”
- On a wheelbarrow: “Not intended for highway use.”
- On a common dust mask: “Warning, does not supply oxygen.”
- On a box cutter: “Blades are sharp.”
- On a children’s scooter: “This product moves when used”

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www.dentistsurfside.com



Commissioner
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 District 5



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MIAMI BEACH OFFICE
 1700 Convention Center Drive, ground floor
 Miami Beach, Florida 33139
 Monday / Wednesday / 9:30 am - 4:30 pm

www.miamidade.gov/district05

305-375-5924

District5@miamidade.gov

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Inside D5 Newsletter

Published monthly at no cost for Brickell Harbour by Coastal Group Publications, Inc. Contact CGP at 305-981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.

Vehicle Registration & Decals

Please register your vehicle (s) at the management office and obtain a decal. Any vehicle without a decal will have a notice placed on the window. Below are the samples of the new Decals that will be used at Brickell Harbour to register and identify Bikes and Vehicles.

Transponders are \$50 and fobs are \$25 and can be purchased at the management office. Please request if needed at lcantillo@kwpmc.com



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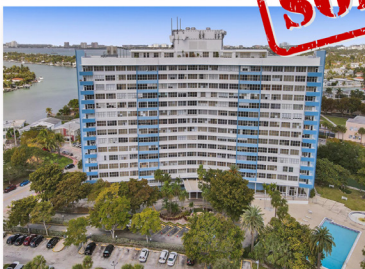
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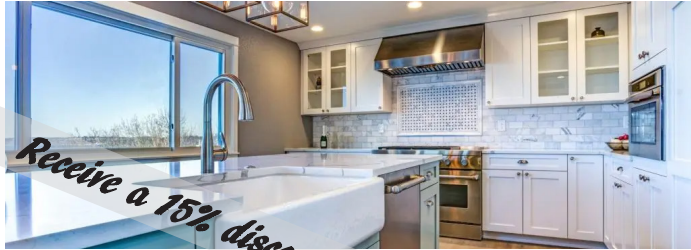
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