

Volume 20 Issue 2

## **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
Fax	
Emergency	1-800-514-5770

### **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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January 2024

## **POPULAR NEW YEAR'S RESOLUTIONS**

What was your resolution last year? And did you follow through? If you are like most people, you gave up by the time February rolled around. See how you compare with the rest of the country. The six most common resolutions of last year were:

- 1. Lose weight.
- 2. Pay off debt.
- 3. Stop smoking.
- 4. Drink less alcohol.
- 5. Increase level of physical activity.
- 6. Improve interpersonal relationships.

This list generally stays the same every year, but the order changes from year to year. Why is it so hard to keep your resolutions? Many people feel ambivalent about such a drastic lifestyle change. This makes it hard to follow through and commit to the changes required.

To improve your chances of keeping this year's resolutions, start with a specific plan. Rather than saying, "I'm going to lose weight," commit to reducing desserts to one day a week and going for a daily walk. That way, you will know each day if you are still on track.

Also give yourself some room for slip-ups. Many people break a resolution and then decide it is not worth it to start all over again. Rather, they choose to wait a whole year until New Year's comes again to attempt their lifestyle changes. Know ahead of time that you will make mistakes, and come up with a plan for getting back on track. Don't be too hard on yourself and don't panic. Simply start again with your commitment to bettering your life. You will find that this may be the year you live up to all of your own expectations.

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## 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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Exp 2/29/2024

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