

COASTAL NEWS



A Newsletter for the Residents of The Coastal Towers Condominium

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OFFICE HOURS *(Unit Owners Only)*

Mon. - Fri. 8:30 AM-4:30 PM

Closed 12:00 PM-1:00 PM

Realtor Hours M-F 10-10:30 AM

3:30-4:30 PM

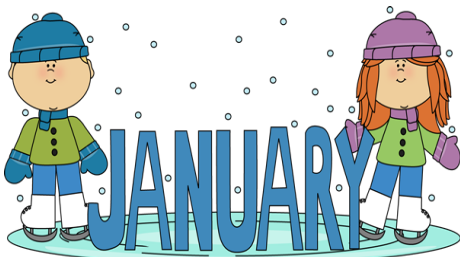


COASTAL TOWERS

Condominium Association, Inc.

400 Kings Point Dr,

Sunny Isles Beach, FL 33160



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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Melanie Plotkin, H.A.S., Hearing Aid Specialist

Javier Benitez, HAS, BC-HIS, Hearing Aid Specialist, Board Certified in Hearing Instrument Sciences



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PEST CONTROL

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1st Tuesday of the Month:

Floors 16 thru 12

2nd Tuesday of the Month:

Floors 11 thru 8

3rd Tuesday of the Month:

Floors 7 thru 4

4th Tuesday of the Month:

Floors 3 thru 1

Please see Security guard in the lobby to schedule spraying of your unit.



PATRICKJAIMEZ PA

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UNIT KEYS

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"A man who stops advertising to save money is like a man who stops a clock to save time." – Henry Ford

CGP publishes monthly newsletters for over 50 condos; each written & delivered to each resident by the board & management.

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COASTAL GROUP
PUBLICATIONS, INC.

305-981-3503 www.cgpnewsletters.com

Hello All!

My name is Tatyana Krivoruchko. I'm a 15-year real estate veteran with experience as a developer, a marketing specialist, and property manager.

Before joining Core Realty Assoc, L.L.C., I partnered in acquiring, developing, marketing, and selling residential estate properties in Chicago, IL.

My clients would describe me as a mature, dependable, and high-energy RE Agent with a passion for the highest degree of excellence in her work; valued not only for warmth, professionalism, dedication, and excellent judgment but for her unwavering commitment to ensure that the deal comes through.

Testimonial: "Tatyana did a fantastic job closing our transaction! She has a great deal of integrity when it comes to protecting her client's best interest and insuring a smooth transaction." - Mila & Elijah R.



TATYANA KRIVORUCHKO

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