

FROM THE VILLAGE

THE VOICE OF ALAFAYA VILLAGE



A PROJECT OF MAINSAIL DEVELOPMENT GROUP

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ENTER FOR A GIVEAWAY FROM THE EAST ORLANDO CHAMBER!

Pondering the best way to spend your marketing dollars this summer? Look no further than the East Orlando Chamber of Commerce. Whether business is booming or busting, connecting with the Chamber's more than 800 members is a surefire way to network with local businesses — and to produce results.



It's simple: stop by the Chamber's new location at Alafaya Village to explore your options. Four unique packages are offered, ranging from \$200 to \$1,000, depending on your individual business needs. You also can find out more information at www.eocc.org.

In addition to great member benefits, the Chamber is giving away a free gift basket filled with a number of Chamber goodies! Along with the basket are two tickets, each good for one Chamber luncheon at Stoneybrook Country Club. Luncheons take place on the third Wednesday of every month from 11:30 – 1:00 p.m. (A \$25 value.) Simply [click here](#) to enter.

For more information please contact 407-277-5951 or email eocc@eocc.org.

STAY HEALTHY IN THE SUMMER SUN WITH ADVANCED DERMATOLOGY!

Plan on basking in the Florida sunshine this summer? If so, you also should consider making an appointment with the acclaimed doctors at Advanced Dermatology & Cosmetic Surgery at Alafaya Village.



According to Advanced Dermatology, in the United States alone there are more than one million non-melanoma skin cancer cases diagnosed annually — and over 90 percent are caused by the sun's ultraviolet (UV) rays. Since skin cancer accounts for around 10,000 deaths per year, experts are now recommending that individuals add a skin cancer screening to their yearly check-up.

Follow these simple rules for summer and protect yourself from the sun:

- Seek shade, especially between 10 a.m. and 4 p.m.
- Wear sunglasses, UV hats and clothing.
- Do not allow yourself to burn: One single burn increases your risk of melanoma (a deadly skin cancer).
- Avoid tanning and UV tanning booths. People who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma (SCC) and 1.5 times more likely to develop basal cell carcinoma (BCC). And overall chances of developing melanoma are tripled.
- Use sunscreen with SPF 15 or higher with UVA and UVB protection. Apply sunscreen 30 minutes before going outside and reapply every two hours.
- Keep infants out of direct sunlight. They possess little melanin and are much more susceptible to burns.
- Examine your skin from head to toe once every month
- Look for cancer warning signs: itching, bleeding or a new mole appears after age 21 that is bigger than a pencil eraser.
 - ABCD's of melanoma: A – asymmetry, B- Border Irregularity, C- Color, D- Diameter
- See a dermatologist every year for a skin cancer screening, and include children and teenagers.

Advanced Dermatology & Cosmetic Surgery has 32 office locations in the state of Florida and is equipped with certified dermatologists to perform your yearly check-up and treat affected areas if necessary. Screenings include a very close examination of the skin to reveal any irregularity on moles or pigmented spots. In addition to protecting your skin now, remember that over time the sun causes wrinkles, sagging, leathery and discoloration (called photoaging) — all related to UV exposure.

Along with skin cancer screenings, Advanced Dermatology & Cosmetic Surgery also offers a variety of cosmetic procedures including Botox, collagen, spider and varicose vein therapy, laser hair removal, laser skin resurfacing and permanent make-up.

If you would like more information, please visit the Web site at www.advancedderm.com. To make an appointment, please call the office in Alafaya Village at (407) 770-0063.

MEET OUR TENANTS

- [Life Song Church](#)
- [Radiance Skin and Body Spa](#)
- [Academic Achievers](#)
- [Sunflower Chinese](#)
- [Mainsail Development Group](#)
- [SBR and Associates](#)
- [Peak Physique Cardio and Kickbox Centre](#)
- [Advanced Dermatology](#)
- [Discovery Zone II Preschool](#)
- [Jet's Pizza](#) Coming soon!
- [Florida International Realty](#)
- [Painted by Hue](#)
- [East Orlando Chamber of Commerce](#) Now open!
- [Hands on Chiropractic](#) 407.384.2207
- [In Style Hair and Nails](#) 407.381.0227
- [Ekklesia Church](#) 863.242.3331

LIFESONG CHURCH SUPPORTS EAST ORLANDO MOTHERS!

Registration has begun for the new Mothers of Preschoolers (MOPS) program at the LifeSong Church! This nationwide program will kickoff at Alafaya Village in the fall and exists to meet the needs of every mom who desires to be the best mom possible.



MOPS will meet at LifeSong Church monthly beginning in August, with two convenient times to fit into even the busiest schedules: Wednesdays from 6:30 to 8:30 p.m. and Fridays from 9:30 to 11:30 a.m. MOPS will feature guest speakers, small discussion groups, easy to do crafts, and great food. During MOPS, childcare will be provided at each meeting offering activities, stories, snacks and play in a safe environment.

Wednesday evening meetings will be held on Aug. 20, Sept. 10, Oct. 8, Nov. 12, and Dec. 10. Friday morning meetings are scheduled for Aug. 22, Sept. 12, Oct. 10, Nov. 14, and Dec. 12. The registration fee is \$45 for the first semester or \$85 for the full year.

If you would like more information or want to register, please contact Carol Burless at 407-408-9244 or Lauren Martinez at 407-273-1344. You can also contact the LifeSong Church office at 407-273-8368.

ALAFAYA VILLAGE

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