



NEIGHBORHOOD NEWS

Reduce Your Stress...quickly and easily

10 Relaxation techniques to reduce stress

by Dr. Louise Change, WebMD article.

- 1) Meditate
- 2) Picture yourself relaxed
- 3) Breathe Deeply
- 4) Look around you
- 5) Drink hot tea
- 6) Show some love
- 7) Try self-massage
- 8) Take time out
- 9) Try a musical detour
- 10) Take an attitude break

Early Bird Winner!

Congratulations!

Congratulations to **Darrell & Janine Brown** for winning this month's Early Bird Contest. **Darrell & Janine** will receive \$100 off of next month's rent just for paying before the first. Do you want to win? Make sure to pay your rent early to be eligible for the prize!

Fan US on Facebook!!!

"Find us on Facebook. Stay up to date on the latest resident events and happenings at Landings Apartment Community."



Thanks to You...

The Blood Drive was a huge success!!!
Thanks to everyone who took time out of their busy schedules to aid with this very worthy cause! You have each helped save the lives of three people!
Thanks again... You are fabulous!!!

Contact & Staff Info.

LEASING CENTER	(401) 841-1611
COMMUNITY FAX	(401) 841-1641
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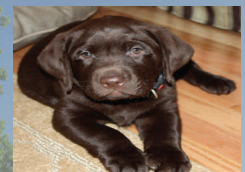
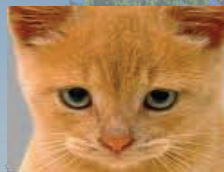
COMMUNITY MGR.	Lisa Castellanos
LEASING MANAGER	Kelly Hornoff
LEASING SPECIALIST	Steven DiCristoforo
MAINTENANCE DIRECTOR	Adriano Burgo
MAINTENANCE TECH.	Jose Bustamante
MAINTENANCE TECH.	Nelson Lopez

LEASING CENTER BUSINESS HOURS

MON-FRI: 9 - 6
 SATURDAY: 9 - 5
 SUNDAY: 12-5

Bring us your cutest pet pic!

Do you have a super-cute picture of your pet that you would like to show off? Bring your cutest pet pictures to the Leasing Office by June 18th, and we will showcase your pet!



You love your pets, and so do we! Don't forget to grab a treat for your furry friend when you come to our leasing office!