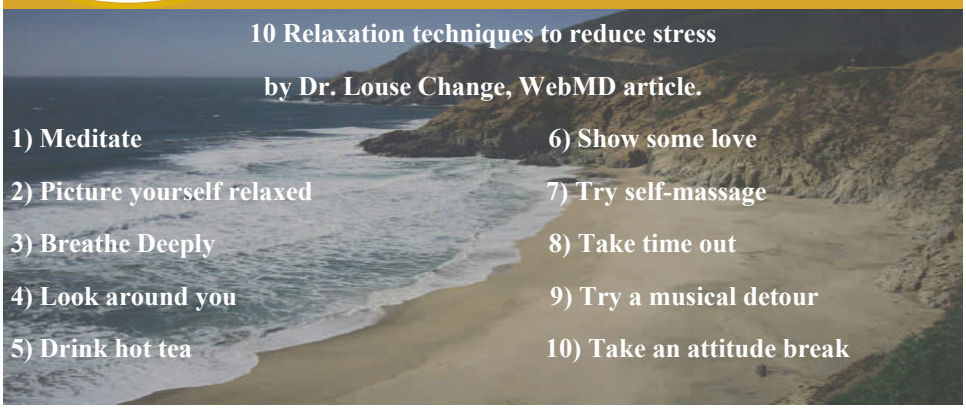
# LANDINGS APARTMENT COMMUNITY

# NEIGHBORHOOD NEWS

## Reduce Your Stress...quickly and easily



**10 Relaxation techniques to reduce stress**

**by Dr. Louse 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."

Find us on Facebook

## Contact & Staff Info.

| | |
|---|---|
| LEASING CENTER | (401) 841-1611 |
| COMMUNITY FAX | (401) 841-1641 |
| EMERGENCY MAINT. | (866) 625-3464 |
| 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**

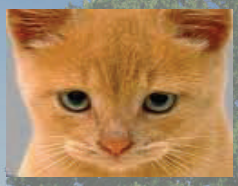
MON-FRI: 9 - 6
SATURDAY: 9 - 5
SUNDAY: 12-5

## 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!!!**

## 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!**