
Business Spotlight

Ananda Healing Collective

Ananda Acupuncture & Healing Center is now Ananda Healing Collective, founded in 2012 by owner Aubrey Poglajen, and located at 4528 N. Oakland Avenue. Aubrey moved her practice to Shorewood in 2013 to work out of Shorewood Family Chiropractic and in 2015 opened at the current location. She moved to Shorewood in 2014 .



Ananda
HEALING COLLECTIVE

Ananda is currently going through a rebranding to incorporate a collaborative healing environment. The mission at Ananda is to provide a sacred space in which to ignite and balance the divine feminine traits with the masculine, connecting the self to the soul core. Ananda compassionately serves the unique needs of each person offering a variety of holistic health therapies to support healing at the root, and recovery of mental, emotional, spiritual, and physical well-being.

The therapies offered include:

- Acupuncture
- Somato Emotional Release
- Reiki
- Morphogenic Field Technique
- CranioSacral Therapy
- Massage
- Human Design

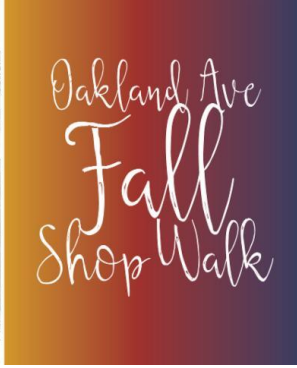
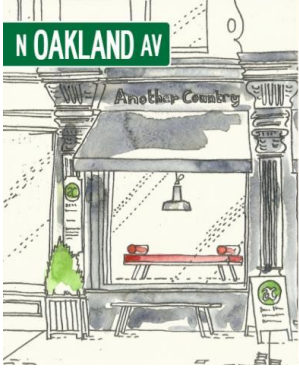
These therapies address cellular healing, which eliminate ancestral patterns of toxicity and trauma, and are intimately connected to emotional and behavioral patterns. To learn more about their services provided, visit anandahealingcollective.com.

"Aubrey is an amazing intuitive healer and has helped guide me to increasingly better health over the past 3 years. She is building something really unique at Ananda with a focus on empowering people to be well. Every patient gets individualized treatment and support for what their body most needs." - Corrina T.

Shorewood BID Events

**October 4th - Oakland Ave Fall
Shop Walk
5:00 to 8:00 pm**

Stop by these Oakland Ave. shops to see the latest in Fall offerings while enjoying sips & bites!



Olson House - 4326 N. Oakland Ave.
Nordic & local home decor, furniture, gifts, interior design & more.

Just Goods - 4451 N. Oakland Ave.

Fair-trade, eco-conscious and locally-produced items.

The Workroom - 4508 N Oakland Ave.

Interior design firm and lifestyle brick + mortar.

SHOP - 4524 N. Oakland Ave.

Classic & contemporary women's clothing & accessories.

Performance Running Outfitters - 4533 N. Oakland Ave.

Specialty running store for all levels of runners, walkers and fitness enthusiasts.



October 13 - Shorewood Health & Wellness Open Doors
10:00 to 3:00 pm

Over 20 of Shorewood's Health, Wellness & Fitness related businesses are opening their doors to let you in! On October 13th, while you're checking out these amazing Shorewood businesses, make sure you enter the raffle to win some

really great prizes! [Click here for the full schedule of events!](#)

Here are some of the participating businesses:

Achieve Personal Fitness
Amelia Coffaro Yoga Therapist
Ananda Healing Collective
Behrens Psychotherapy
Chiropractic Company
Crux Chiropractic
Curves
Dr. Zhou's Acupuncture Clinic
Embodied Therapeutics
Golden Rey Energy Center
Orangetheory Fitness
Lake Bluff Dental

Le Cocon Day Spa
Lifestyle Acupuncture/Gioia
PowerCycle
Holistic Health Consulting- Maria Viall
The Practice
Sacred Sound Yoga
Shorewood Community Fitness Center
Sourcepoint Counseling
Spa Solace
Structural Elements Clinics
Wholly Mindful

Out & About

Health & Wellness Networking Event

In planning for the first ever *Health & Wellness Open Doors* event on October 13th, the Shorewood BID decided to hold a networking event in August to incite

collaboration and creativity with dozens of Shorewood business owners.

Cloud Red's new back patio was the perfect venue for this wonderful evening on August 29th!



BID News

North Shore Boulangerie has New Chef

North Shore Boulangerie is excited to announce the arrival of Chef Andrew Althoff to head NSB's café. Chef Andrew comes to Shorewood following positions in Milwaukee fine-dining kitchens Lake Park Bistro, Mason Street Grill and Eddie Martini's. Chef Andrew's new menu will emphasize quality ingredients in classic preparation, following the tradition of his Alma matter, the Culinary Institute of America (CIA) in Hyde Park New York. New dishes include Soupe à l'oignon gratinée, Coq au vin, and Bistro-style Short Ribs. These and other menu items will be joined by daily specials and the introduction of lunchtime *sous vide* preparations.

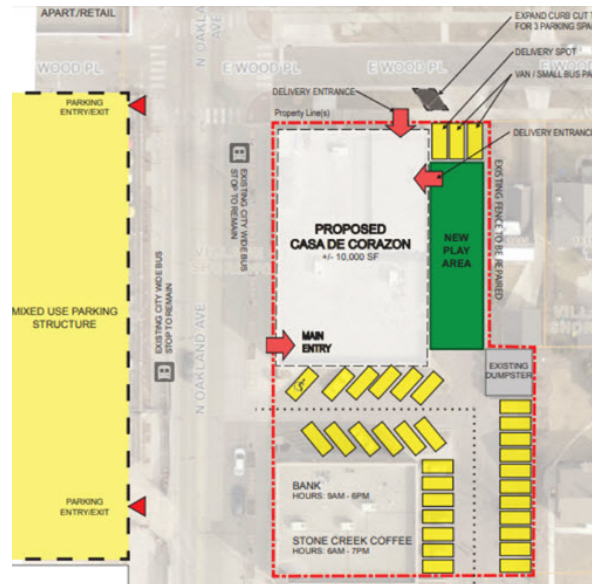
North Shore Boulangerie is an Authentic French Boulangerie in the Heart of Shorewood.



Plan Commission Passes Spanish Immersion Daycare Facility

It's official. The Plan Commission approved the conditional use and parking special exception applications on Sept 25th for a daycare facility at 4114 N. Oakland Ave. The site plan shows removal of some of the rear parking stalls for an outdoor play area. Opening date is expected early summer 2019. More to come.

For the video discussion, click [here](#)



Shorewood Businesses Specials & Events

Shorewood Community Fitness Center
1701 E. Capitol Dr.

Sacred Sounds Yoga
3805 N. Oakland Ave.



10% off all personal training packages the month of October.



Free yoga classes for new students on Wednesday the 31st! See the schedule here!

Embodied Therapeutics
4465 N. Oakland Ave. #310b

Cloud Red
4488 N. Oakland Ave



\$25 off Your First Shiatsu Session at Embodied



Cloud Red will be hosting an 80s & 90s themed Halloween party on 10/27/18 to benefit the Mark Harris Fellowship Program. For more info, [click here!](#)

CLOUD RED

Therapeutics. Through October 2018, new clients only.

Scenario Hair Design
2317 E. Capitol Dr.

Yi Spa
4601 N. Oakland Ave.

SCENARIO
Hair Design

Maria is offering 10% off lashes in October!



60 minute full body relaxation massage

[Email](#) Or call 414-964-9311

for \$35 for the month of October!

Please phone the spa at 414-982-8727 to schedule.

Just Goods
4451 N. Oakland Ave.

Little Sprouts Play Café
4606 N. Wilson Dr.



Celebrate Halloween with free, fair trade, organic chocolate that does not exploit

workers and is not reliant on child labor.



Pumpkin Decorating Parties:
October 19 (4:30 - 6:30) and 21 (1:30 - 3:30).
\$20/child (includes pumpkin)

Brochures explaining exploitation in the "scary" cocoa industry will be available!

Two Milwaukee companies produce ethically sourced, organic chocolate—Tabal chocolate and Omanheme!

Perfect for even the littlest of ghouls. This event is toddler friendly. Bring your family for some scare-free fun to celebrate Halloween!

We'll supply a pumpkin for each child guest to decorate with paint, glitter, gemstones, and more. No sharp tools involved! In addition to pumpkin time and open play, we'll also provide some Halloween snacks and will have a cookie decorating station.

Swanky Seconds
2223 E. Capitol Dr.

Draft & Vessel
4417 N. Oakland Ave.



Swanky Seconds

**A Halloween Sale
not to be
believed!**

**October 20th
from 11am-5:30
pm,** all of our

customers will receive 20% off on all Halloween Decor and Accessories. They'll also receive 20% off items that are Black or Orange. We will be giving away a Surprise Treat with a purchase of \$25 or more. Happy Halloween!



Wed 10/10 Upland
Brewery Sour Beer
Takeover (And Irish
Music Session)

Sun 10/21 1pm

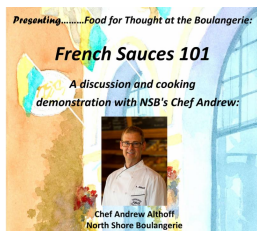
Family Fun Day with Upland. Candy, caramel apple making and bobbing for apples.

10/18, 7:30 to 9:30. With each glass of Great Lakes Nosferatu purchased, you're entered to win 2 free tickets to Milwaukee Ballet's Dracula. Dancers from the Milwaukee Ballet will be on hand as well!

Will draw at 9:30, must be present to win.

North Shore Boulangerie
4401 N. Oakland Ave.

SHOP
4524 N. Oakland Ave.



**French Sauces
101
October 23,
5:30pm**

**call 414-963-2153
or go to**

northshoreboulangerie.com

To reserve your spot!



**October 12-14
Take 25% off** any
one item in the store
to celebrate SHOP's
11th anniversary!

Community Calendar

**SAT. OCT. 6 - 5th Annual Fish & Feather Festival River Clean-Up 9-11am;
Festival 11am-3pm @ Hubbard Park**

**SAT. OCT. 6 - Annual Shorewood Woman's Club Rummage Sale 9:30am-4pm @
Village Center**

**TUES. OCT. 9 Twenty Pounds of Headlines: The Stories That Inspired Bob
Dylan's Writing 6:30pm @ Shorewood Village Center**

**THURS.-SAT. OCT. 11-13 SHS fall play: To Kill a Mockingbird 7pm @SHS
Auditorium**

**SAT. OCT. 13 - Health & Wellness Open Doors 10am - 3pm @ Shorewood Business
Improvement District**

**TUES. OCT. 16 - Shorewood Woman's Club event: "Route of the Badger"
Biking/Walking Trails with Willie Karidis 1pm @ North Shore Presbyterian Church**

**MON. OCT. 22 - Unconscious Biases: How Can We See Our Own Blind Spots?
With Reggie Jackson and Fran Kaplan 6pm @ Shorewood Village Center**

TUES. OCT. 23 - SHS Masterworks Concert 7pm @ St. Robert Church

SUN. OCT. 28 - Village Trick or Treating 4-6pm

**WED. OCT. 31 - Night of the Ghost Train 6:30-8pm @ Corner Bakery at the Oak Leaf
Trail Bridge**

Do you have BID news you want us to talk about?
Please email [Ericka](#) or [Sarah](#) and let us know!

Are you an in home business in Shorewood? The BID serves the Shorewood business community and we would like for all Shorewood businesses to be a part of it! Please contact [Ericka](#) for more info!