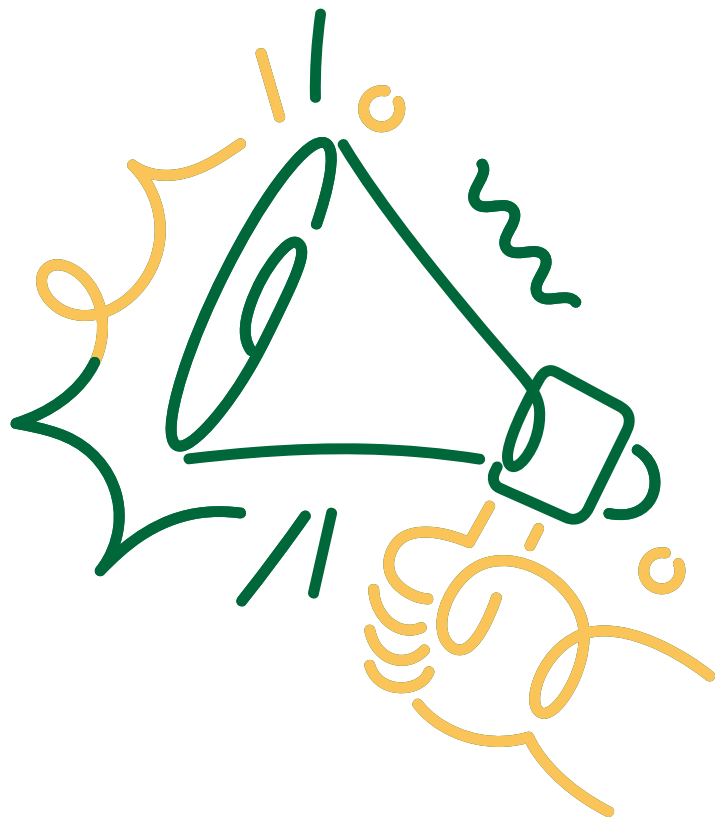


# LANCASTER PRESCHOOL



## BUSINESS DIRECTORY

Connecting our community.



# FITNESS



**Jazzercise Greensboro Fitness Center**  
2500 Battleground Avenue, Suite C | 336-852-9552  
gsojazzercise@gmail.com | jazzercise.com

Dance, sweat and say hello to your new favorite workout! Our classes incorporate dance cardio, Pilates, yoga and kickboxing with strength training to sculpt and tone your muscles. View our schedule at jazzercise.com.

**Special offer:** Lancaster parents and staff receive **ONE WEEK FREE UNLIMITED CLASSES!** Just mention this listing at your first visit.



# FURNITURE & DECOR

**MattressGrove**

336-272-1141  
service@mattressgrove.com  
www.mattressgrove.com



For more than 50 years MattressGrove has been manufacturing superior quality mattresses in Greensboro, NC. It is our mission to provide the highest quality, hand-crafted sleep experience in the industry. Our products can be purchased locally at Furnitureland South, Priba Furniture & Interiors and Flynn Furniture.

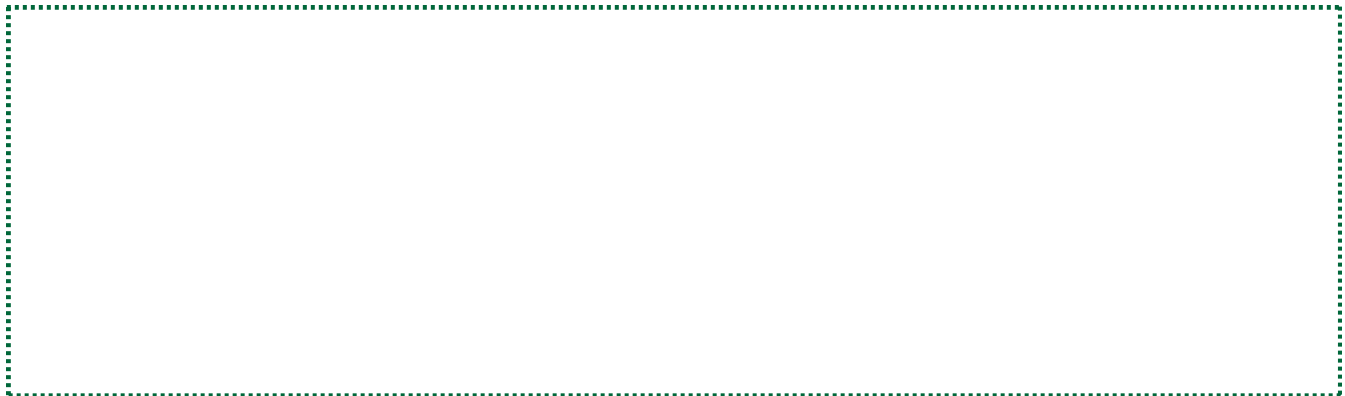
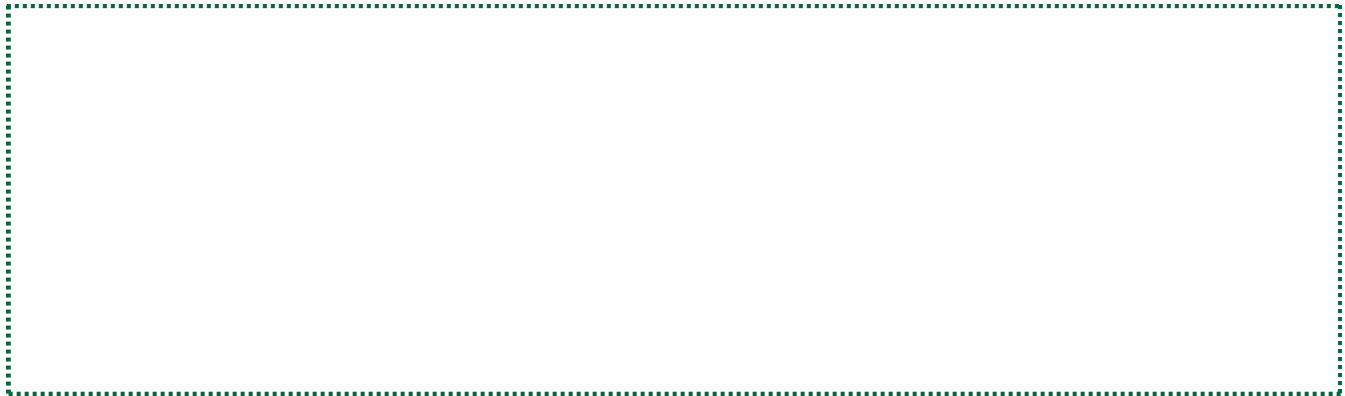
# HEALTH & MEDICINE



**Simply Therapy, P.C.**

**336-837-4222 | [connect@simplytherapy.pc.com](mailto:connect@simplytherapy.pc.com)  
[simplytherapy.pc.com](http://simplytherapy.pc.com)**

Simply Therapy offers personalized and family focused pediatric speech therapy services in the Winston Salem and Kernersville areas. They specialize in the following: language delays, articulation disorders, stuttering, infant and childhood feeding, tethered oral tissues, orofacial myofunctional disorders, as well as medical, genetic and developmental delays and disorders.



# HOME & GARDEN

**Total Heating and Cooling, Inc.**  
**7121 Brown Summit Road**  
**Browns Summit, NC 27214**

**336-656-0103**  
**contact@thandc.com**



Total Heating & Cooling, Inc. has been family owned and operated since 2000, serving residential and small business owners of the greater Greensboro area. Offering new and replacement installation, service repair, and maintenance, we aim for excellence and satisfaction in all areas of our expertise. We look forward to further providing honest and top-notch service within our community.

**Bonino Construction**  
**5400 Rutledge Drive**  
**Greensboro, NC 27455**

**Dominic Bonino**|**336-207-8108**  
**boninoconstruction@yahoo.com**



Transform your home with our expert kitchen and bath remodeling services! We specialize in creating stunning spaces that suit your unique style and needs. With a team of skilled professionals and top-quality materials, we bring your dream kitchen and bathroom to life. Elevate your home with us today!



# MARKETING / ADVERTISING / DESIGN

**Jim Braun, Owner**

**SignResourcesNC.com**  
**336-310-4611**  
**Jim@signresourcesnc.com**



Sign Resources is a full-service sign company built in 2009 on the principles of honor, commitment, and excellence. We service Winston-Salem, Greensboro, and surrounding Piedmont Triad areas. Sign Resources specializes in signs, vehicle wraps, digital printing, branded apparel, and promotional products

## REAL ESTATE



**Lauren Vail, Realtor<sup>®</sup>, NextHome Triad Realty**  
**336-207-2966**  
**LaurenVailHomes@gmail.com**

As a Realtor<sup>®</sup> and mom of two little boys with a background in corporate digital marketing, I bring a unique perspective that prioritizes your needs when helping you sell your current home or find the perfect next home. With five years of industry experience and extensive current market knowledge, I'll guide you through every step of the process with dedicated personal commitment, ensuring a seamless and rewarding experience for you and your loved ones!

# SHIPPING & LOGISTICS

**Brandon Poling, Owner**

**904-881-8297**

**[logistics@strongside.us](mailto:logistics@strongside.us)**



Choose Strongside Logistics, Inc. for all of your shipping and logistics needs. With our global network and cutting-edge technology, coupled with my over 16 years experience, we ensure your cargo reaches its destination securely and on time. Experience the seamless and efficient service that only Strongside, a Glen Raven agent can provide. Our Services include Truckload, Dryvan, Refrigerated/ Frozen, Flatbed, Hotshot, Air, LTL and Consulting. Your success, is our priority.

