

The background is a textured, painterly illustration. It features a central vertical path or road that is light brown and textured, possibly representing a wooden boardwalk or a dirt path. The path is flanked by a dense field of green grass. Scattered throughout the green field are numerous pink cherry blossoms on thin, dark stems. The blossoms are in various stages of bloom, some fully open and some as buds. The overall style is reminiscent of a watercolor or oil painting with a visible, grainy texture.

MCLEAN

CITY LIFESTYLE™

Investment

APRIL 2026
CITYLIFESTYLE.COM

49 YEAR-OLD
BEFORE



6 MONTHS AFTER
REAL PATIENT RESULTS



Natural-Looking FACELIFT RESULTS

MAIA
PLASTIC SURGERY & WELLNESS



Scan To Learn More

maiaplasticsurgery.com | 703.574.4500 | [@drmaiaplasticsurgery](https://www.instagram.com/drmaiaplasticsurgery)

Dr. Munique Maia
Board-Certified Plastic Surgeon

FEATURED IN:
VOGUE The New York Times Forbes



HARMONY
SURGERY CENTER
BY MAIA

State-of-the-art surgical suites.
Now open in Tysons Corner.



NEWLY LISTED IN MERRY HILL, 1215 STUART ROBESON DR. MCLEAN, VA., 22101 OFFERED AT **\$2,800,000.00**

THE
PRENDERGAST TEAM
DC | MD | VA

Market Leaders Since 1990

SERVING VA, DC AND MD

At The Prendergast Team, we know that buying or selling a home is more than a transaction—it's one of life's most significant investments, and we're here to guide you every step of the way. With deep roots in Northern Virginia, Maryland, and Washington D.C., we combine unmatched local expertise with a personalized, high-touch approach to ensure a seamless experience.

Over 1.5B career Sales Volume | \$1.1 Average Sales Price | 1,550 Career Transactions



William Prendergast Co-Principal
Marianne Prendergast Founder & Co-Principal



Our clients mean the world to us
and we will put our 35. years of experience to work for you
during your transaction - and beyond.



(703) 676-3030

theprendergastteam.com

1364 BEVERLY RD., MCLEAN VA

Springtime in McLean & Great Falls

April is finally here! After a long winter of snow, ice, school closings, and those stubborn dirty snow piles left behind by the plows, it feels like the world has finally hit the refresh button. Here in McLean and Great Falls, spring has a way of sneaking in—brightening our days and lifting our spirits with every bloom and the joyful sounds of returning life.



There's something about this season that makes the air feel alive. Trees and flowers burst into color, birds return with cheerful songs, and even the sidewalks seem to have a little extra bounce. The warmer temperatures, sunlight, and fresh scents all come together to make the world feel full of possibilities.

Soon, the soccer fields, baseball diamonds, and local parks will be bustling with activity. Kids, families, and friends will fill the outdoors, playing, laughing, and enjoying the first taste of sunny afternoons. Maybe even an earlier-than-usual backyard BBQ will make its debut, setting the perfect tone for the joys of spring.

April is a celebration of everything that makes McLean and Great Falls feel alive—from lively games on neighborhood fields to strolls down tree-lined streets and paths through local parks, where you might finally spot neighbors you haven't seen in months, share a smile or a wave, and feel that warm sense of connection return. It's a reminder of how small moments in our community—whether sharing a smile, enjoying local spaces, or simply noticing what's around us—can bring some of the richest rewards. This month is a joyful reminder of the simple pleasures and sense of community that make this corner of Northern Virginia so special.

SUZANNE PURDY, PUBLISHER
@MCLEANCITYLIFESTYLE

April 2026

PUBLISHER

Suzanne Purdy | suzanne.purdy@citylifestyle.com

MANAGING EDITOR

AJ Jones | aj.jones@citylifestyle.com

CONTRIBUTING WRITERS

AJ Jones, Kristy Belley,
Sheena Steedman, Sophie Brock

CONTRIBUTING PHOTOGRAPHER

Scott Moore

Corporate Team

CEO Steven Schowengerdt

President Matthew Perry

COO David Stetler

CRO Jamie Pentz

CoS Janeane Thompson

AD DESIGNER Zach Miller

LAYOUT DESIGNER Emily Lisenbee

QUALITY CONTROL SPECIALIST Megan Cagle



**Learn how to start your own publication
at citylifestyle.com/franchise.**

Proverbs 3:5-6

McLean City Lifestyle™ is published monthly by Lifestyle Publications LLC. It is distributed via the US Postal Service to some of the McLean area's most affluent neighborhoods. Articles and advertisements do not necessarily reflect Lifestyle Publications' opinions. No portion of this magazine may be reproduced in any form without written consent. Lifestyle Publications does not assume responsibility for statements made by advertisers or editorial contributors. Information in *McLean City Lifestyle™* is gathered from sources considered to be reliable, but the accuracy of all information cannot be guaranteed.



Visit our Instagram

CITYLIFESTYLE.COM/MCLEAN





CHESTERBROOK

THE CENTER OF THE NEIGHBORHOOD



Chesterbrook Shopping Center is McLean's neighborhood destination for dining, style, wellness, and everyday essentials, featuring Sweetgreen, RTR Pilates, Apricot Lane, Sorn Thai, Bluemercury, SkinSpirit, Sassanova, Kosmo Nail Bar, and many more.

📍 LOCATED AT THE CORNER OF OLD DOMINION DRIVE AND CHESTERBROOK ROAD IN MCLEAN

SHOPCHESTERBROOK.COM / [@SHOPCHESTERBROOK](https://www.instagram.com/SHOPCHESTERBROOK)

inside *the issue*

APRIL 2026 | INVESTMENT



Featured

16 **A Masterclass in Creative Investment**
Elizabeth Bertholon and Great Falls Studios redefine community through tactile abstraction and creative cultural investment.

22 **The Health Dividend:**
Why Wellness is Your Family's Greatest Financial Asset

26 **The Rotary Club of Great Falls:**
Planting the Seeds of Service

On the Cover

Experience the lush, tactile abstraction of Elizabeth Bertholon's *Dance of the Cherry Blossoms*. Her emotive, nature-inspired works and other local masterpieces can be discovered through Great Falls Studios at <https://www.greatfallsstudios.com/>.

Photography:
Elizabeth
Bertholon

Departments

- 4 Lifestyle Letter
- 8 City Scene
- 10 Business Monthly
- 12 Inspired By LIFE + CULTURE
- 16 Must See ARTS + CULTURE
- 20 Travel Journal TRAVEL
- 22 Healthy Lifestyle HEALTH + WELLNESS
- 26 Our Town LOCAL SERVICES
- 28 Happy Hour FOOD + BEVERAGE
- 30 Self Care HEALTH + WELLNESS
- 32 Events

FLEXXfitness

TRAIN SMARTER, FEEL BETTER

A locally-owned studio in McLean where clients are greeted by name and trained with focus.

PRIVATE & SEMI- PRIVATE PERSONAL TRAINING

Our trainers create custom programs to help you reach your goals. Choose 1:1 personal training for fully tailored sessions, or train with a friend in semi-private sessions for a fun, motivating experience.

GROUP FITNESS CLASSES

Experience circuit-style, strength, HIIT, and yoga classes designed to challenge your body, boost energy, and leave you feeling strong and empowered.

ADULT MARTIAL ARTS: HAPKIDO

Learn a dynamic martial art that blends strikes, throws, and self-defense while building strength, confidence, and focus.



703.288.8844 | flexxfitnessgym.com

info@flexxfitnessgym.com

1356 BEVERLY RD MCLEAN, VA 22101

*Join the Flexx Fitness
Community Today!*

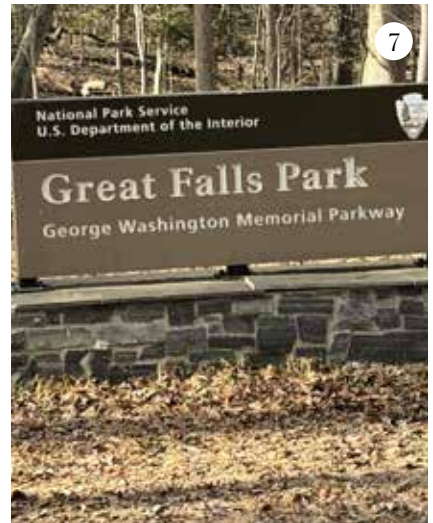
*Free Consultations,
Contact Us Here.*



APRIL 2026

city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1: Trade the pavement for a wooded escape in the historic heart of Great Falls Village. 2: Delicate purple blooms break through winter's leaves to signal the arrival of spring. 3: A moss-covered millstone rests against the warm, weathered bricks of local history. 4: The historic Lewinsville House stands as a proud symbol of community heritage. 5: The rustic stone mill captures the enduring spirit of Northern Virginia's past. 6: Commerce meets community at the gold-lettered heart of the McLean Business Center. 7: The gateway to the roaring waters and rugged trails of Great Falls Park.

Want to be seen in the magazine?

TAG YOUR INSTAGRAM PHOTOS WITH @MCLEANCITYLIFESTYLE

OPEN ENROLLMENT



NEW TO GERMAN?

No problem! Our FastTrack program welcomes motivated students and families ready to embrace bilingual learning. With dedication, strong academic habits, and our support, your child can join a community that values effort, growth, and global citizenship.

Discover the German International School Washington D.C.! With over 550 students from preschool to 12th grade, we offer rigorous academics in a warm, multicultural setting since 1961. Our German curriculum, combined with a global perspective, leads to a dual diploma graduation: the German International Abitur (DIA) and a high school diploma. Focused on world languages and science, we nurture critical thinking and prepare students for top universities worldwide.

Please contact admissions@giswashington.org for your personal campus tour. German language skills are NOT required for admission to all grade levels.



CONTACT US FOR YOUR PERSONAL CAMPUS TOUR!

giswashington.org | 301-767-3807
admissions@giswashington.org | 8617 Chateau Dr., Potomac, MD



business *monthly*

A ROUNDUP OF NEWS FROM LOCAL BUSINESSES



Tysons Realty Closes \$2.7M Seven Corners Office/Retail Sale

Pauline Thompson, President of Tysons Realty Inc., announced the successful \$2,700,000 sale of a freestanding, two-story contemporary office/retail building in the heart of Seven Corners, Falls Church, Virginia. Ms. Thompson represented both the buyer and seller in this confidential off-market transaction.

Tysons Realty Inc., independently owned and operated brokerage firm, is a leading provider of commercial real estate services across the Washington, D.C. area, offering leasing, investment sales, consulting, and financing advisory services. Contact: TysonsRealty@aol.com



Scan to read more



Scout & Molly's "Wildcard Wednesday" In-Store Specials

Midweek just got a makeover! Every Wednesday, Scout & Molly's reveals a mystery "Wildcard" deal—from markdowns to exclusive offers. The catch? The deal is revealed the night before on social media and is only valid for in-person shopping. Follow @scoutandmollysmaic, @scoutandmollysatc, or @scoutandmollysreston to see the surprise. These one-day-only offers are final sale. Stop by this Wednesday to see what's in the cards for your wardrobe!



Scan to read more



Seth McGuire Leverages Choice to Maximize Client Insurance Investments

Seth McGuire positions insurance as a strategic component of wealth protection—not a commodity. As an independent broker, he audits top-tier A-rated carriers to ensure every premium dollar delivers peak protection, tailoring cost and coverage to each client's unique risk profile. Specializing in home, auto, umbrella, builder's risk, and investment property insurance, he designs data-driven solutions that protect complex assets, preserve long-term financial strength, and perform reliably when it matters most. Contact: 571-384-2049 | seth.mcguire@goosehead.com



Scan to read more

Want to be featured?

GET IN TOUCH AT CITYLIFESTYLE.COM/MCLEAN

*Competizione
& sports cars*

Ferrari Service, Restoration, & Sales

7913 Cessna Avenue, Unit C, D & E

Gaithersburg, Maryland 20879

301.977.9484

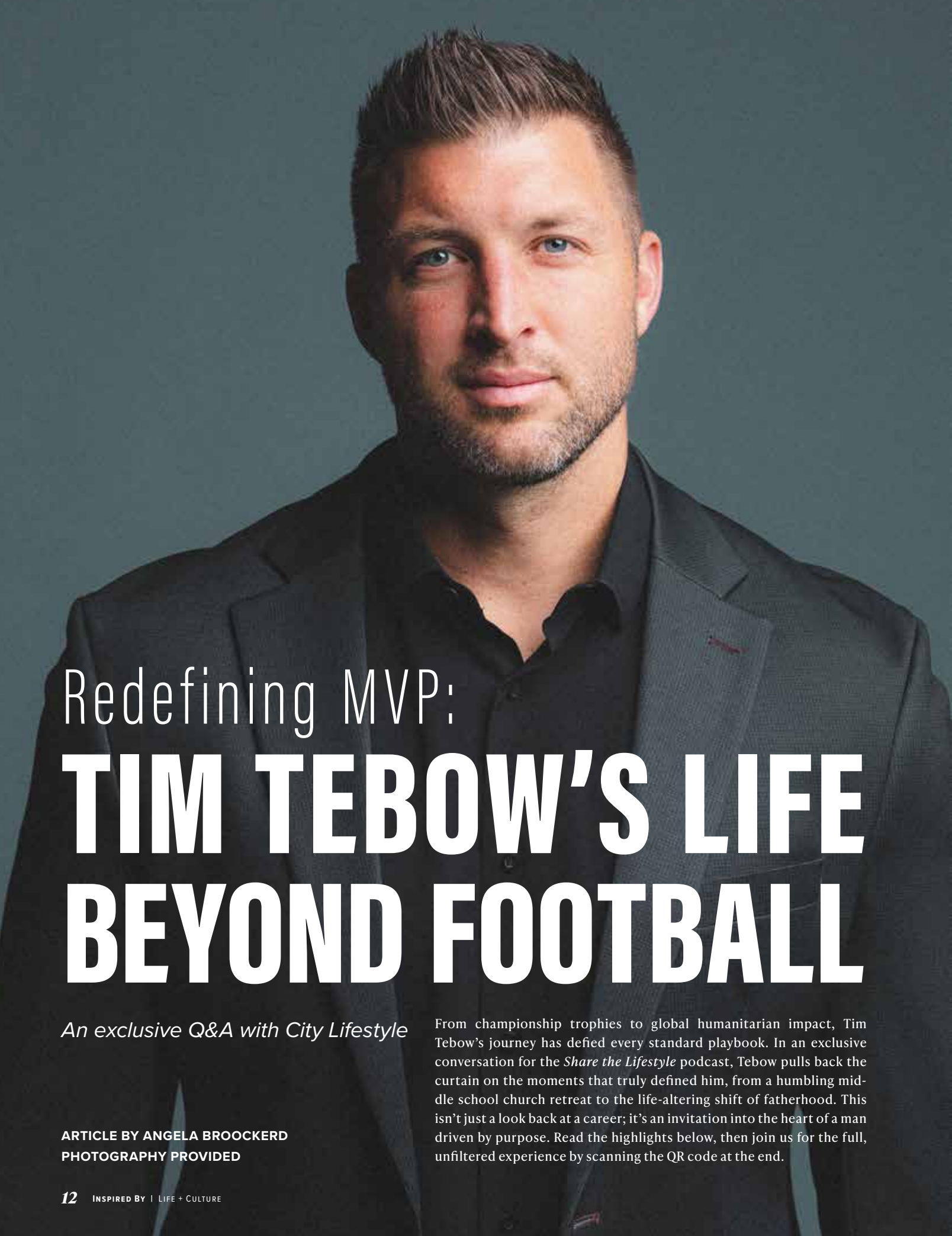
info@competizionecars.com www.competizionecar.com



[@CompetizioneSportsCars](https://www.instagram.com/CompetizioneSportsCars)



[@CompetizioneCars](https://www.youtube.com/@CompetizioneCars)



Redefining MVP:

TIM TEBOW'S LIFE BEYOND FOOTBALL

An exclusive Q&A with City Lifestyle

ARTICLE BY ANGELA BROOCKERD
PHOTOGRAPHY PROVIDED

From championship trophies to global humanitarian impact, Tim Tebow's journey has defied every standard playbook. In an exclusive conversation for the *Share the Lifestyle* podcast, Tebow pulls back the curtain on the moments that truly defined him, from a humbling middle school church retreat to the life-altering shift of fatherhood. This isn't just a look back at a career; it's an invitation into the heart of a man driven by purpose. Read the highlights below, then join us for the full, unfiltered experience by scanning the QR code at the end.

Q: WE ALL KNOW YOUR ACCOMPLISHMENTS ON THE FOOTBALL FIELD, BUT TELL US ABOUT THE CURL CONTEST.

A: I was competing for my future high school team (my brother's team), and I pushed myself way past what was smart. I ended up collapsing and needing medical attention. But what stayed with me wasn't the pain, it was the lesson. Would I be willing to do something that others aren't? For much of my life, I strived to bring my best for a game, but I hope that I can say at the end of my life I was willing to do that for things that actually matter.

Q: YOU'VE ACHIEVED SO MUCH IN SPORTS. WHAT WOULD YOU SAY IS YOUR GREATEST ACCOMPLISHMENT NOW?

A: Becoming a dad. Nothing compares. From the moment I knew my wife was pregnant, I felt a new depth of love for our child, but when you bring your baby home, the responsibility hits you like nothing else. Suddenly, everything you see, every decision you make, you're asking, "Is this corner too sharp? What happens if she reaches that drawer?" It changes how you see the world and how you see other people.

Q: YOU'VE SPOKEN OPENLY ABOUT DISAPPOINTMENT, ESPECIALLY AROUND FOOTBALL. HOW DID THAT SEASON OF LIFE SHAPE YOU?

A: I talked a lot about that very thing in my book *Shaken*. We all go through moments where our faith in our abilities and purpose feels rattled, but I believe it's often in those storms when God can show us who we could become.

Q: YOU TALK A LOT ABOUT COMPARISON CULTURE. WHY DO YOU BELIEVE COMPARISON HAS BECOME SUCH A TRAP TODAY?

A: Because we're comparing our real, everyday lives to someone else's highlight reel. Social media shows people's "best day," often filtered and staged, and then we measure our reality against that. There's a reason filters are so popular—it's not real. We end up scrolling through images that don't tell the full story, and without realizing it, comparison starts to steal our joy and our gratitude.

“We’re comparing our real, everyday lives to someone else’s highlight reel... comparison starts to steal our joy.”

Q: YOUR FOUNDATION FOCUSES ON THE “MOST VULNERABLE.” WHERE DID THAT CALLING BEGIN?

A: When I was 15, I met a boy in the Philippines who was treated as a throwaway because he was born with physical differences. That moment changed me. I realized God was calling me to pursue a different kind of MVP, not “Most Valuable Player,” but “Most Vulnerable People.”

Q: FINALLY, WHAT'S ONE THING PEOPLE MIGHT BE SURPRISED TO KNOW ABOUT YOU?

A: I have some weird coffee habits, which include protein powder, collagen, and cream all mixed together. I love golf dates with my wife. And every night, I bring snacks to bed to share with our dogs. It brings me more joy than it probably should.

This conversation barely scratches the surface. Tim goes deeper into the moments that rattled him, the joys of fatherhood, and **one story he has never shared publicly until now**. Scan the QR code for the full, exclusive City Lifestyle interview on *Share the Lifestyle* Podcast.

Share the LIFESTYLE PODCAST

FEATURING TIM TEBOW

Redefining MVP

For the first time ever, Tim shares the inspiration behind a project he's been holding close to his heart.



Scan for the exclusive reveal and more with Tim Tebow unfiltered.



Furniture for Every Home

At Michelbach's Creative Classics, every piece of furniture is crafted to fit your home. We specialize in furnishing the unique and smaller spaces found in the VA/MD/DC Metro areas

Offering American-made, chemical-free, and high-quality pieces with customizable options in size, fabric, leather, wood, and finish. Visit us for free design consultation.



www.michelbachs.com

info@creativeclassics.com

906 King Street, Alexandria, VA 22314

MICHEL BACH

Since 1904



BUILD YOUR DREAM HOME



Chip Beveridge

Area Sales Manager | Builder Specialist
 NMLS #485058
 703.508.2555
Chip.Beveridge@AtlanticUnionBank.com

Apply now for your construction, renovation and tear down needs at AtlanticUnionBank.com/ChipBeveridge.



Home Loans

NMLS #551889



ROSE RESTORATION

CONCRETE AND STONE EXPERTS



CLEANING, RESTORATION, & MAINTENANCE

MARBLE - GRANITE - CONCRETE - WOOD - METAL

Discover the possibilities at www.rosere restoration.com

703-327-7676



VISIT US



Creating a HOME

NOT JUST A HOUSE

Designing award-winning and best-selling homes for over twenty years, **James McDonald Associate Architects'** goal is to create a custom home made for you, helping to make the realization that **your dream home is only an ask away.**



703.757.0036 | jamesmcdonaldarchitects.com | 10135 Colvin Run Road, Ste 200, Great Falls, VA



EXPLORE • WONDER • GROW

Brooksfield School in McLean, Virginia offers a warm, Montessori-inspired environment where children develop confidence, creativity, and a love of learning. Rooted in community, the arts, and nature, Brooksfield fosters meaningful connections and joyful exploration every day.

Schedule a tour of our BRAND NEW CAMPUS and meet our dedicated team.

1724 Chain Bridge Rd, McLean, Virginia 22101
703-356-5437
www.brooksfieldschool.org
brksfield@aol.com



BALANCE ART ACUPUNCTURE



Tradition Meets Modern Care

Our services offer a natural and holistic way to strengthen your immune system, ease anxiety, & help your body smoothly adapt to seasonal changes.

Our services offer a natural and holistic way to strengthen your immune system, ease anxiety, and help your body smoothly adapt to seasonal changes. Discover a holistic path to therapy and balance at Balance Art Acupuncture McLean— where your well-being is our top priority. We are a local acupuncture clinic that combines ancient wisdom with modern expertise to offer effective acupuncture treatments for pain relief, stress reduction, and natural fertility support. Our clinic is committed to helping our community find natural relief and lasting wellness.

Book your first session which includes a comprehensive consultation!
www.baameclean.com | 703-993-0809 | 1360 Beverly Rd, Ste. 201, McLean, VA

A Masterclass in Creative Investment

Elizabeth Bertholon is redefining what it means to invest in a community. To step into her studio is to enter a sanctuary of sensory liberation: she is almost always barefoot, a furry rug beneath her feet, with music filling the air and a kaleidoscope of gold leaf and mirror fragments within arm's reach. The space smells faintly of acrylic medium and fresh rain, a private gallery where every corner holds a half-finished story waiting to be told. It is here, amidst the "slow living" of Virginia's natural beauty, that Bertholon translates the world into thick, emotive strokes of color.

A PROVENANCE OF COLOR AND CLOTH

Bertholon's journey to the canvas began not with a brush, but with the structure of high fashion. At just ten years old, she was captivated by her mother's handcrafted outfits and matching accessories. This early obsession with texture and form eventually led her to France, where she retraced the footsteps of Van Gogh amidst the wind-swept, Roman ruins of Arles, Cézanne across the sun-drenched landscapes of Aix-en-Provence, and Monet within the lush, lily-dappled gardens of Giverny.

While she began her career as a traditional oil painter, Bertholon's style has undergone

a sophisticated evolution. Seeking a more profound expression of her internal landscape, she transitioned into abstraction. Today, she maintains the luscious, heavy texture of oils by blending paste into acrylics, creating works that are as tactile as they are visual.

"Abstraction excites me so much because the interpretations are limitless," she explains, noting that her work is anchored by the "thread of emotion" that links every human experience. Her recurring motifs include nature, especially the movement of water, and circles as symbols of love.

THE ARCHITECTURE OF A CREATIVE COLLECTIVE

Bertholon's personal artistry is inextricably linked to Great Falls Studios (GFS), a collective she joined four years ago after a serendipitous invitation during a local tour. Now serving as Board Secretary, she helps steward an organization that has grown from 12 pioneers 23 years ago to a vibrant force of 80 creatives.

The mission of GFS is a testament to the power of shared purpose. In an industry that is often a "solitary mission," the group provides a vital ecosystem for artists to connect and showcase their work.



"Abstraction excites me so much because the interpretations are limitless and every single human is linked through the thread of emotion."



"Promendades en Beaujolais"
Elizabeth Bertholon

This is not a rigid institution; as an all-volunteer organization, GFS maintains a flexibility that fosters raw creativity. Through monthly “Art Share” meetings, members exchange critique and help one another navigate creative blocks, ensuring that no artist works in true isolation. Members act as mutual agents, cross-referencing each other’s work to collectors and neighbors alike.

ART AS A LIVING ASSET

For the residents of Great Falls and McLean, the Studios represent a unique form of cultural investment. Bertholon views the relationship between artist and patron as a “true richesse,” a partnership that makes every acquisition deeply meaningful. This is visible in the rotating galleries at local staples like Katie’s

CONTINUED >



"Red Flower" Jenn Griffith



"Patched" Parinaz Bahadori



"Trees" Tom Tucker



"Sea House" Sandy Buffie

Coffee and the Blue Chicken Bakery, where the presence of art injects a constant energy into the community.

The impact of this investment is often deeply personal. Bertholon recalls a commission for a local resident who sought a collaborative painting of flowers representing the couple's birthplaces in India, a piece intended to be a family heirloom. Another encounter during a tour at St. Francis Church ended in a "big reveal" that brought both the artist and the collector to tears.

"Art has the power to inspire, illuminate, and motivate those in and around it," Bertholon says, reflecting on the long-term value of the collective.

A SEASON OF CONNECTION

As the community looks toward the spring and autumn, the investment in local art continues to yield dividends. The collective offers a "Patrons of the Arts" membership, allowing residents to join monthly parties, excursions, and private talks, such as recent presentations on "The Secret Power of Beauty" or the intricate craft of Ukrainian Pysanky.

For those looking to experience this creative vitality firsthand:

- Virtual Gallery: The GFS website features monthly changing exhibitions for remote exploration.
- Annual Studio Tour: Mark your calendars for October 17th and 18th, when dozens of artists open their private workspaces to thousands of visitors.

In Great Falls, art is not merely a decoration; it is the air the community breathes, a symbol of love and nature that fuels a shared, luminous happiness.



All Brick Colonial Residence

- 6 Bedrooms and 5.5 Bathrooms
- Main level Bedroom with private en suite bath, ideal for guests or multi generational living
- Situated on a beautiful 0.83 acre lot with direct access to walking trails
- Convenient to Georgetown Pike and Langley High School
- Spacious Primary Suite with sitting area and expansive Primary Bath
- Walk out lower level with guest quarters
- Outdoor living includes a deck, covered patio & charming gazebo
- Three car garage with ample driveway parking



Please visit www.1008JarvisCt.com for full details & photos.



Laurie Mensing

#1 Agent Company Wide & #1 Agent McLean Office

LaurieMensing.com | 703.965.8133 | 1355 Beverly Road #109, McLean, VA

LONG & FOSTER
REAL ESTATE

Forbes
GLOBAL PROPERTIES



the Preppy Pink Pony

A LUXURY GIFT AND STATIONERY BOUTIQUE
1323 CHAIN BRIDGE ROAD · MCLEAN, VIRGINIA
PINKPONYSHOP@AOL.COM | 703.556.3237

YEAR OF THE HORSE WITH HAUTE PAPIER LETTERPRESS STATIONERY

BELLA FIGURA | CRANE | STONEWALL KITCHEN
JULIE VOS | SMATHERS & BRANSON | MARYE KELLEY | ENEWTON
SUSAN SHAW | LILLY PULTIZER | KATE SPADE | KAREN ADAM'S
SCOUT | OH MY MAHJONG...AND MANY MORE BRANDS!



Caregiving with Heart

Light Therapy, a Gentle Way of Loving

As the ravages of aging start to weigh heavy, caregivers contend with mood issues, and grieve the coming loss. LifeWave light therapy patches can lift the spirits of your loved one and those who provide care. Our wearable patch addresses a number of quality of life issues: sleep, mobility and pain. Please book a free consult to learn more.

Kimberly Hartke

(703) 675-5557

lifewave.com/kimberlyhartke



LifeWave is not intended to treat, cure or prevent any disease. This is a non-drug approach to general wellness and it is reviewed by the FDA and considered low risk.

SAVOR LIFE & FIND YOUR *True Wealth*

ARTICLE BY SHEENA STEEDMAN
PHOTOGRAPHY BY SCOTT MOORE

*Indulge in Tuscan serenity, savor life's richness,
and rediscover yourself*



The soft morning light filters through the curtains as you awake to birdsong and a gentle breeze. Stepping onto the balcony, you behold endless vineyards rippling in the Tuscan hills and can't believe this paradise is real.

Walking downstairs, you're greeted by many new faces of people smiling and excited to see you, new friends, gathered around a long wooden table immaculately set with steaming quiche, luscious fruit, warm bread, and Italian cappuccino.

This is just the beginning of days spent practicing yoga in nature's rhythms, discovering ancient towns, and pausing to savor beauty at every turn.

If you can envision waking up like this, you're ready for a yoga retreat with Scott Moore.

Retreats are an investment—in your truest self—the part of you that gets lost in the rush of daily life.

We frequently invest our money into stocks, bonds, and real estate, yet fail to invest in the one irreplaceable resource that makes it all possible, ourselves—our true wealth.

On this journey, all details have been meticulously planned so you can stay within your budget and fully relax into the experience.

After immersing in the richness of the present moment, slowing down and savoring life, you'll return replenished and ready to bring this mindset of appreciation into your everyday world.

Reap the returns of a broadened perspective and renewed vitality—the dividends are endless.

Find out more about upcoming retreats with Scott Moore in destinations like Tuscany, Sardinia, Bordeaux, and the French Riviera at scottmooreyoga.com/retreats.



COSTA

DENTISTRY



EXPERIENCE
LUXURY
DENTAL CARE

**GENERAL & COSMETIC DENTISTRY
IN GREAT FALLS, VA**

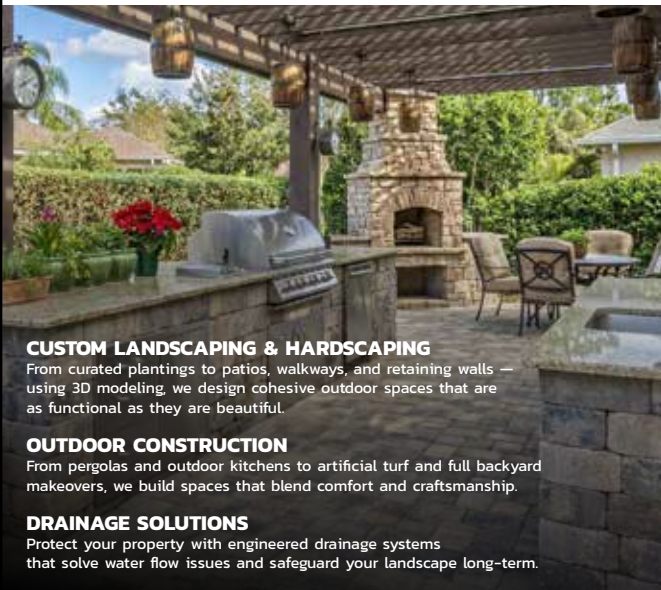
**VOTED NORTHERN VIRGINIA'S TOP
DENTIST FOR 10 YEARS IN A ROW.
AND A WASHINGTONIAN HALL
OF FAME INDUCTEE.**

COSTASMILES.COM | @COSTA_SMILES



Homeland Contractors

**TRANSFORMING OUTDOOR LIVING IN
NORTHERN VIRGINIA FOR OVER 20 YEARS**
LANDSCAPING • HARDSCAPING • OUTDOOR CONSTRUCTION



CUSTOM LANDSCAPING & HARDSCAPING

From curated plantings to patios, walkways, and retaining walls — using 3D modeling, we design cohesive outdoor spaces that are as functional as they are beautiful.

OUTDOOR CONSTRUCTION

From pergolas and outdoor kitchens to artificial turf and full backyard makeovers, we build spaces that blend comfort and craftsmanship.

DRAINAGE SOLUTIONS

Protect your property with engineered drainage systems that solve water flow issues and safeguard your landscape long-term.

703-973-6097 | www.HomelandContractors.com

20110 Belmont Ridge Road, Ashburn, VA 20147

Licensed Class A Contractor — Serving VA, MD, DC & WV

DEFINE YOUR STYLE



Feel like you are shopping in your best friend's closet!

SCOUT & MOLLY'S[®]
BOUTIQUE

scoutandmollys.com
703.280.4440



Mosaic District: 2920 District Avenue, Suite 135 • Fairfax, VA 22031

Reston Town Center: 11944 Market St. • Reston, VA 20190

Annapolis Town Center: 1910 Towne Centre Blvd #115 • Annapolis, MD 21401

THE HEALTH *Dividend:*

*Why Wellness is Your Family's
Greatest Financial Asset*

**ARTICLE BY AJ JONES | PHOTOGRAPHY COURTESY OF
ANNA HEALTH FAMILY MEDICINE**

A NEW PHILOSOPHY OF WELLNESS

A new philosophy of wellness is taking root: one that views healthcare not as a periodic necessity, but as a primary financial and emotional asset. For Dr. Anna Le and her team at Anna Health Family Medicine, the concept of “investment” is the guiding star of their practice. They are redefining community care by shifting the focus from reactive, symptom-based treatment to a proactive, whole-family perspective that yields dividends for generations.

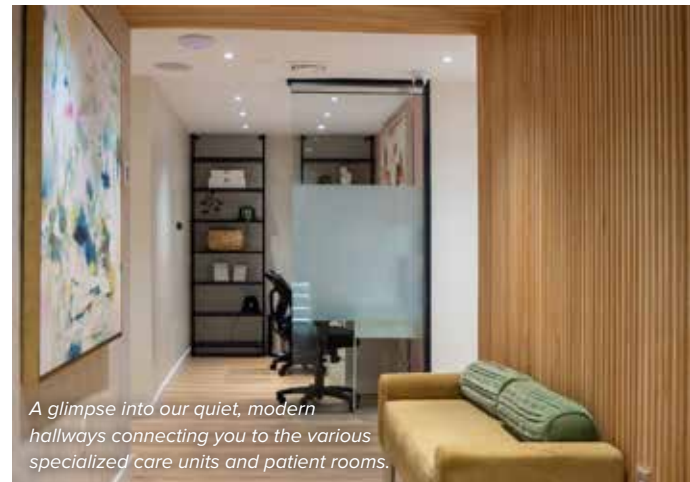
THE FOUNDATION OF ACCESSIBLE CARE

Dr. Le’s team believes the most significant barrier to health is the distance between the patient and the provider. To them, investing in health begins with accessibility. “It is not about profit,” the team explains. “It is about taking care of patients, improving lives, and, in many cases, saving lives.” When care is accessible and scheduling is flexible enough to meet families where they live and work, the entire community benefits.

People are naturally more likely to seek care early when the process is seamless rather than a burden. This early access allows the medical team to understand a family’s needs long before a minor concern evolves into a crisis. As the team notes, this approach reflects “the future of medicine: thoughtful, managed care that is built around patients, not barriers.”

THE ARCHITECTURE OF FAMILY WELLNESS

From a holistic perspective, one’s health can be better understood as a piece of the family health mosaic. Dr. Le’s team encourages families to view health as something built gradually, brick by brick, through everyday routines and honest conversations. They move beyond standard protocols to look at the whole person, supporting families in making sustainable choices rather than chasing the fleeting promise of quick fixes.



*A glimpse into our quiet, modern
hallways connecting you to the various
specialized care units and patient rooms.*



*Founder and CEO, Dr. Anna Le: Providing
expert care and compassionate leadership
for the entire Anna Health community.*



Festive memories: Dr. Le and her husband, Due Tran celebrate the holiday season with their beautiful family.



Welcome to Anna Health! The bright, spacious lobby is designed for your comfort and a seamless check-in experience.

The conversations within the practice evolve as families grow:

- Adolescents receive support for emotional well-being and healthy routines.
- Adults focus on stress management, life balance, and long-term prevention.
- Families caring for aging parents discuss mobility, chronic conditions, and quality of life

.By coordinating care across these stages, the team ensures that wellness never feels fragmented or one-size-fits-all.

CONTINUED >



The modern exterior of the Anna Health building—your destination for compassionate, comprehensive care in a welcoming environment.



The heart and soul: The expert team of providers at Anna Health dedicated to the community's wellbeing.

THE SPEEDOMETER OF PREVENTION

One of the most powerful tools in this strategic investment is the use of data to guide personal health. The team utilizes genetic testing and risk assessments to help patients understand their unique vulnerabilities. They often use a striking analogy to explain the importance of real-time monitoring: “Preventive care without this kind of ongoing insight is like driving without a speedometer; you can move forward, but you lack the visibility needed to stay on course and avoid problems.”

By monitoring glucose levels, heart rate, and oxygen saturation, the medical team gains the visibility required to catch potential issues early. This is particularly vital in men’s preventive care, where many tend to delay treatment until a situation is urgent. By reframing routine care as an investment in the ability to remain present for their families, the practice helps men stay engaged with their health as a proactive choice rather than a reactive necessity.

A LEGACY OF COMMUNITY HEALTH

With a growing network across Northern Virginia, Dr. Le’s practice serves as a long-term partner in community health. Their impact is measured in the trust built through relationships and a commitment to increasing access for all. They understand that when one person prioritizes their well-being, the benefits extend far beyond the individual—encouraging healthier routines at home and fostering a culture of health literacy.

Ultimately, the team shares a simple truth: “Preventive care is most effective when you feel well.” Routine visits when nothing feels “wrong” are exactly what keep people healthy for the long term. In this community, health is the air the family breathes: a symbol of love and commitment that fuels a shared, luminous future.

Top 5 Preventive Steps

1. **Prioritize Genetic and Cancer Screenings:**
Identifying individual risk factors early allows for a highly personalized and effective preventive care plan.
2. **Monitor Your Vitals in Real-Time:**
Tracking glucose, heart rate, and oxygen levels provides the visibility needed to catch changes before they become chronic.
3. **Establish a Consistent Relationship:**
Building trust with a primary care provider ensures your care is managed and integrated rather than fragmented.
4. **Invest in Sustainable Habits:**
Focus on the long-term returns of consistent sleep, balanced nutrition, and stress management over temporary quick fixes.
5. **Cultivate Health Literacy:**
Understanding how different parts of your health connect reduces fear and empowers you to make informed decisions.



Rooted in Love, Growing Together

HONOR THEM WITH REST, RENEWAL,
AND A THOUGHTFUL GIFT.

With the purchase of a 90 minute Premium Spa Treatment, celebrate the ones who mean the most. Whether you join your parents or grandparents for a shared moment of relaxation, or gift them a peaceful visit of their own, we will include a thoughtfully curated keepsake set. Simply provide one printed photo and we will place it in a beautiful picture frame, along with a cooling brush, gua sha comb, and soft microfiber towel to continue their care at home.



RESERVE YOUR PREMIUM TREATMENT AND LET US ADD A
THOUGHTFUL GIFT. CALL OR TEXT 703-995-0155 TO BOOK.
110 PLEASANT ST NW · VIENNA, VA 22180

Tyson's Realty Inc

Commercial Real Estate Experts

RETAIL | OFFICE | APARTMENTS | LAND

Serving the Washington DC Metro Area



PAULINE THOMPSON

Founder, President, CEO

Off: 703.893.6700 Cell: 703.599.1488

Certified International property specialist

Certified Probate property specialist

8321 Old Courthouse Road - 140
Tysons, VA 22182

www.Tyson'sRealtyInc.com

Tyson'sRealty@aol.com



Thank you for your referrals



pembroke
INTERIORS

Luxury Residential
Design
McLean, Virginia

Sophisticated design
and expert
implementation for
discerning clients who
value interiors that
reflect how they
actually live.

Jennifer Fordham, Principal Designer
703.335.2886
jfordham@pembrokeinteriors.com
PembrokeInteriors.com
By Appointment Only



THE ROTARY CLUB OF GREAT FALLS:

PLANTING THE SEEDS OF SERVICE

For the Rotary Club of Great Falls, the concept of investment is measured not in compound interest, but in the long-term vitality of the community. Guided by the motto “Service Above Self,” the club views its work through a lens of quiet, enduring impact. As Dan Lundeen, Chair of the Rotary Club of Great Falls Foundation, explains, investing in service means “allocating social capital to organizations with specific needs where our volunteering and financial support make a meaningful impact now and into the future”. It is, in his words, “the practice of planting seeds for shade trees we may never sit under”.

ARTICLE BY AJ JONES

*By putting a sapling in a child's hands,
the Rotary Club fosters a tangible
understanding of civic involvement.*



A LEGACY OF LOCAL IMPACT

Since its formation in 2011, the club has transformed this philosophy into a staggering reality, giving away over \$620,000. This represents nearly \$10,000 for every one of its 65 active members, a testament to the club's efficiency and dedication. These funds are not distributed at random; rather, they are focused on local pillars like the Embry Rucker Homeless Shelter, Cornerstones Foodbank, the Great Falls Freedom Memorial, and the Lift Me Up! Therapeutic Horse-Riding Facility.

Success is measured by the results of consistent support, seen in the thousands of families fed, clothed, and educated through these partnerships. This strategic financial support is often paired with hands-on labor, such as the club's leadership role on the Great Falls Grange Community Board or its ongoing beautification efforts with the VA Adopt-A-Highway Program.

INVESTING IN THE NEXT GENERATION

A full third of the club's annual funds are directed toward education, ensuring that the "Vital Dividend" extends to the leaders of tomorrow. This includes college scholarships for underserved students as well as creative essay and music contests. However, the investment in youth often happens away from the boardroom. In Great Falls, shared learning frequently occurs "in the dirt" during service projects rather than in formal meetings.

One of the club's most visible environmental initiatives is the Tree Give Away Program. Now in its third year, the program provides 500 trees to kindergartners and first graders at the three local elementary schools to foster a love for

nature and service. By putting a sapling in a child's hands, the Rotary Club fosters a tangible understanding of civic involvement.

THE MODERN ACTION CLUB

Despite its storied history, the Rotary Club of Great Falls is far from a relic of the past. Today's members characterize it as a vibrant "Action Club" that stays relevant through weekly discussions on modern topics like artificial intelligence and screen time. The traditional Four-Way Test—Truth, Fairness, Goodwill, and Benefit—has been bolstered by a crucial fifth test: "Is it Fun?"

By making service enjoyable and accessible, the Rotary Club encourages young professionals to see that they do not have to wait for "adulthood" to influence their hometown. For those who wish to see the direct impact of their giving, the club offers a unique invitation. "You don't need a title to be a leader," the organization notes, "you just need a desire to be useful". In the end, the true riches of the club is found in the universal thank you of a child's smile, a sign that the seeds planted today are already beginning to grow.



*Great Falls Rotary Club
Adopt-A-Highway*



District Governor Amelia Stansell paid an official visit to the Rotary Club of Great Falls.



The wheel of progress: A global symbol of commitment, moving the Great Falls community forward.

ARTICLE BY KRISTY BELLEY

The drink that makes you look forward to TAX DAY

INCOME TAX *cocktail*

INGREDIENTS:

- 1½ oz. Gin
- ¾ oz. Dry Vermouth
- ¾ oz. Sweet Vermouth
- ¾ oz. Freshly Squeezed Orange Juice
- 2 Dashes Angostura Bitters
 - Orange Twist
- Glass Type: Coupe

DIRECTIONS:

1. Squeeze your OJ.
2. Add everything to your shaker with ice.
3. Shake.
4. Pour into your coupe.
5. Twist your orange peel again, like you did last summer.
6. Garnish.
7. Enjoy being done with taxes.
8. And a good cocktail.





The Income Tax Cocktail likely popped up during the Prohibition party scene of the 1920s. Its exact origin story remains a bit blurry, but it was definitely a hit in speakeasies.

The name? Well, it's like a cheeky nod to the idea that sipping on this cocktail might be more fun than paying actual taxes! Made with gin, sweet vermouth, orange juice, and a dash of bitters, it's like a boozy adventure for your taste buds, with hints of citrus and herbs. Despite its vintage roots, the Income Tax Cocktail still brings the party vibes, transporting you back to the roaring '20s.

ARTICLE BY SOPHIE BROCK

FOUR SIMPLE WAYS TO INVEST IN YOUR MORNING AND
START YOUR DAY OFF ON THE RIGHT FOOT



morning habits for success

One of the best ways to invest in yourself is by creating a consistent and intentional morning routine. No matter how unpredictable or chaotic the rest of your day may become, starting your morning with self-care and purpose sets a positive tone that stays with you throughout the day. Once you develop a morning routine that truly resonates with you, you'll look forward to it every night, knowing it will set the foundation for a productive and fulfilling day.

If you're ready to elevate your mornings, here are some meaningful ways to invest in your routine and start each day on the right foot.



Be Your Own Barista:

One of life's simplest pleasures is savoring a homemade coffee each morning. While skipping the drive-thru may be tough at first, brewing your own allows you to appreciate the process—and chances are, you'll end up preferring your own perfect cup of joe.

Get Your Steps In:

An hour-long gym session before work may not be realistic, but a quick morning walk is. Use this time to clear your mind, enjoy nature, and listen to your favorite podcast or artist—an easy way to start your day feeling relaxed.

Enjoy Some Breakfast:

Breakfast is the most important meal of the day, yet often the most overlooked. Setting your alarm just minutes earlier to prepare a fresh, nutritious meal can transform your morning, fueling your body and mind for a more energized and productive day.

Read A Book:

Starting your day with a book is far more calming than scrolling through social media. Reading in the morning helps ease you into the day, providing a peaceful and mindful escape that sets a positive, focused tone for what's ahead.



APRIL 2026

events

A SELECTION OF UPCOMING LOCAL EVENTS

APRIL 1ST

The Great Room Experience

Lansdowne Resort, 44050 Woodridge Parkway Leesburg, VA

Your Saturdays in April just got an upgrade. Unwind at Lansdowne Resort with premium Virginia wine samplings and live professional piano in a grand setting. It's the ultimate sophisticated escape for couples seeking relaxation and culture. Sip, listen, and lounge in style.

APRIL 1ST

Peppa Pig x CAMP Interactive Experience

Tysons Corner Center, 1961 Chain Bridge Rd, Tysons, VA 22102

Step into Peppa Pig's world at Tysons Corner Center all April! This interactive play space features immersive sets and games for the whole family. Perfectly situated in the premier shopping and dining district, it's a creative adventure for kids and parents alike. Experience the magic together!

APRIL 2ND

NSO: Khachaturyan plays Sibelius

John F. Kennedy Center for the Performing Arts, 2700 F St. NW, Washington, D.C. 20566

Experience elegance at the Kennedy Center, April 2-4! The National Symphony Orchestra joins acclaimed violinist Sergey Khachaturyan for Sibelius's Violin Concerto. With stunning Potomac views and world-class artistry, it's the perfect cultural date night. Witness classical brilliance in a majestic setting.

APRIL 3RD

Van Morrison's Moondance and Bruce Springsteen's The Wild

The Birchmere Music Hall, 3701 Mount Vernon Avenue Alexandria, VA 22305 | 7:30 PM

Experience a legendary double feature! Newmyer Flyer presents Dream Discs on April 3 at 7:30 PM. Relive Van Morrison's *Moondance* and Bruce Springsteen's *The Wild*, *The Innocent* & *The E Street Shuffle*, performed in their entirety! An iconic, high-energy tribute to two masterpiece albums. Don't miss this refined night of rock history!

APRIL 4TH

Spring Fest at McLean Community Center

McLean Community Center, 1234 Ingleside Ave., McLean, VA 22101

Celebrate spring at the McLean Community Center on April 4! Join your neighbors for a high-quality day of arts, crafts, and professional photos with the Easter Bunny. It's a safe, festive environment perfect for local families to connect and create lasting memories. See you there!

APRIL 11TH

Bluebells at the Bend

Riverbend Park, 8700 Potomac Hills St. Great Falls, VA 22066 | 10:00 AM

Celebrate the Virginia Bluebells at Riverbend Park! Enjoy guided wildflower walks along the Potomac, live music, and animal encounters. This serene festival features local crafts, nature exhibits, and puppet shows for the kids. It's a beautiful, nature-filled escape for all ages. Don't miss the blooms!

CONTINUED >



Trusted by McLean families for over a decade, Island Children's Dentistry & Orthodontics offers gentle, fear-free care kids love—from their first tooth to their teen years.

Call Today to Schedule Your Appointment!

703.790.1320
islandchildrensdentistry.com
 8605 Westwood Ctr. Dr. STE. 501
 Tysons Corner, VA

Spring Break Shiny Smiles Start Here!

JOHN NUGENT & SONS

Family Owned & Operated Since 1975



Turn to the experts

**Quality Home Service
 You Can Count On!**

**Heating | Cooling | Plumbing
 Electrical | Generators**

703-356-7499 | nugentsons.com



**Your Home Is Extraordinary.
 Your insurance should be too.**

Smart coverage, strong carriers, and proactive support — for homeowners who expect better. Get a personalized, high-value home insurance review.

Custom coverage, personalized service, and top-rated carriers—right here in McLean. Your home is exceptional — your insurance should be too. I help McLean homeowners secure customized protection with clarity, care, and access to premium carriers designed for high-value properties.

Call today for a personalized review. Let's elevate your coverage. Reach out to get started.



Seth McGuire
 5641 Burke Centre Pkwy, Suite 256,
 Burke, VA 22015
 571-384-2049 | seth.mcguire@goosehead.com
goosehead.com/agents/va/burke/seth-mcguire
 US Navy Retired



events
CONTINUED

APRIL 11TH

National Cherry Blossom Festival Parade

Constitution Ave and 6th St in Washington, D.C.

Experience the magic on Constitution Ave this April 11! The National Cherry Blossom Festival Parade brings giant balloons, elaborate floats, and marching bands to D.C. For an upscale view, grab premium grandstand seats! A bucket-list event just a short trip from McLean. Don't miss this grand spring spectacle!

APRIL 15TH

Micky Dolenz: Songs & Stories

The Barns at Wolf Trap, 1635 Trap Road, Vienna, VA 22182

Spend an intimate evening with the voice of The Monkees at The Barns at Wolf Trap, April 15–16! Enjoy iconic hits and storytelling in a historic, upscale setting with world-class acoustics and tableside service. It's a nostalgic yet refined night out you won't want to miss.

APRIL 16TH

Society for Women's Research (SWHR) Annual Awards Gala

Fairmont Washington D.C. Georgetown, 2401 M St NW, Washington, D.C. 20037

Save your seat for the SWHR Annual Awards Gala! Join us April 16, 2026, at the Fairmont Washington D.C. Georgetown. Network with influential leaders from health care, research, and policy in Washington, D.C. as we honor champions of women's health. Together, let's make women's health mainstream.

APRIL 18TH

Great Falls Garden Club Native Plant Sale

9830 Georgetown Pike, Great Falls, VA 22066

Elevate your estate at the Great Falls Garden Club Plant Sale! Join us April 18 near the library for high-quality native plants curated for Northern Virginia. Get expert advice from local masters and support conservation in style. A sophisticated way to beautify your landscape this spring!

APRIL 24TH

ALICE (In Wonderland)

Capital One Hall, 7750 Capital One Tower Rd, Tysons, VA 22102

Step into Wonderland at Capital One Hall! From April 24–27, The Washington Ballet presents *ALICE*, featuring Edwaard Liang's eccentric choreography and vibrant costumes. Experience this high-production fairy tale in the heart of Tysons. A whimsical, world-class performance perfect for families and arts enthusiasts!

APRIL 25TH

Autism Awareness Month at the McLean Old Firehouse Center

McLean Old Firehouse Center, 1440 Chain Bridge Rd, McLean, VA 22101 | 1:00 PM

Celebrate Autism Awareness Month at the McLean Old Firehouse Center! Join us April 25 for Sensory Day, a free, inclusive event for the whole community. Experience interactive exploration through sight, sound, smell, touch, and taste. A meaningful, high-quality afternoon in the heart of McLean for all to enjoy!

Want to be featured?

GET IN TOUCH AT [CITYLIFESTYLE.COM/MCLEAN](https://www.citylifestyle.com/mclean)

Provider Appreciation Gala

The Provider Appreciation Gala honors the partners and practitioners who help advance women's health and support care that is compassionate, comprehensive, and patient-centered. Together, we remain committed to holistic healthcare above the standard of care and to strengthening access to high-quality women's health services in our community.



With gratitude to our partners who support holistic, patient-centered care.

Our Purpose:

Advancing women's health through holistic healthcare, above the standard of care.

Our Community:

Working alongside regional partners to expand access and continuity of care.

Our Impact:

Supporting patients, providers, and families across Northern Virginia and beyond.



Dr. Anna Le, Founder & CEO

Learn more about our partners in women's health
www.annandaleobgyn.com | (703) 642-7522
4208 Evergreen Ln #213, Annandale, VA 22003



ANNANDALE

OBGYN



THE TRILLIUM
TYSONS

A LIFE WELL CURATED

Quiet Retirement | Effortless Service | Meaningful Connections

We offer Independent Living, Assisted Living, and Memory Care services in an extraordinarily desirable environment. We're a multilevel high-rise community featuring six unique dining venues, rooftop terraces, street-level plazas, garden courtyards, and walkable green spaces. You can relax and re-center in our yoga studio, or relax and luxuriate in the full-service salon and spa.

CALL NOW TO SCHEDULE
YOUR TOUR!

 1620 BORO PLACE, MCLEAN, VA 22102

 <https://www.trilliumtysons.com>

 (571) 487-8273