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Stretch Into Summer's Sweet Finale

Longer days, lighter routines, and one more chance to savor the season before fall arrives.

As August rolls in, summer begins its graceful stretch toward a new season. It's the perfect time to soak up sunny afternoons, reconnect with neighbors, and enjoy all the little moments that make Harbor Bluffs such a special place to call home.

This month's issue celebrates the incredible Pilates ladies of Harbor Bluffs—neighbors who remind us that strength isn't just about muscles, but about balance, flexibility, community, and showing up for ourselves every day. Their stories are inspiring examples that wellness comes in many forms, and it's never too late to discover something that helps you feel your best.

We're also excited to announce that our **Buy • Sell • Trade Event** is back by

popular demand! Mark your calendars for **Saturday, August 23, from 11 a.m. to 2 p.m.** at **116 Live Oak Lane**. Whether you're hunting for hidden treasures, giving new life to items you no longer need, or simply stopping by to visit with friends, it's sure to be another fun-filled neighborhood afternoon. Come shop 'til you drop!

As we savor these last carefree weeks of summer, I hope this issue inspires you to stay active, support your neighbors, and make time for the people and activities that bring you joy.

"Like Pilates, every season teaches us that strength grows through balance, flexibility creates new possibilities, and the smallest, most intentional movements often lead to the greatest transformations."

Here's to finishing summer strong and making the most of every sunny day!

Happy August!

Devin

Publisher, *Stroll Harbor Bluffs*



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STRENGTH, FRIENDSHIP & HARBOR BLUFFS SPIRIT

Professional Photos by Brandy Winters
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Meet the Harbor Bluffs ladies who have discovered that Pilates is about more than fitness—it's a way to build strength, foster friendships, and celebrate the community they call home.

There's something special about finding a workout that keeps you moving—and even more special when you get to share it with friends and neighbors. For this group of Harbor Bluffs women, Pilates has become much more than a fitness class. It's a place to build strength, improve wellness, share laughs, and create lasting friendships.

Each woman featured in these pages brings her own unique story, from where she grew up and the family she loves to the activities that keep her busy and the reasons she calls Harbor Bluffs home. While their backgrounds may be different, they all share a common appreciation for the supportive community they've found both in the neighborhood and on the Pilates reformer.

Read on to meet these inspiring neighbors as they share what they love most about Harbor Bluffs, how Pilates has impacted their lives, and the people and pets who make their houses feel like home. Their stories are a wonderful reminder that the strongest communities are built one friendship—and one workout—at a time.



MORE THAN A STUDIO: RICK SCOTT'S MISSION TO BUILD STRENGTH AND COMMUNITY

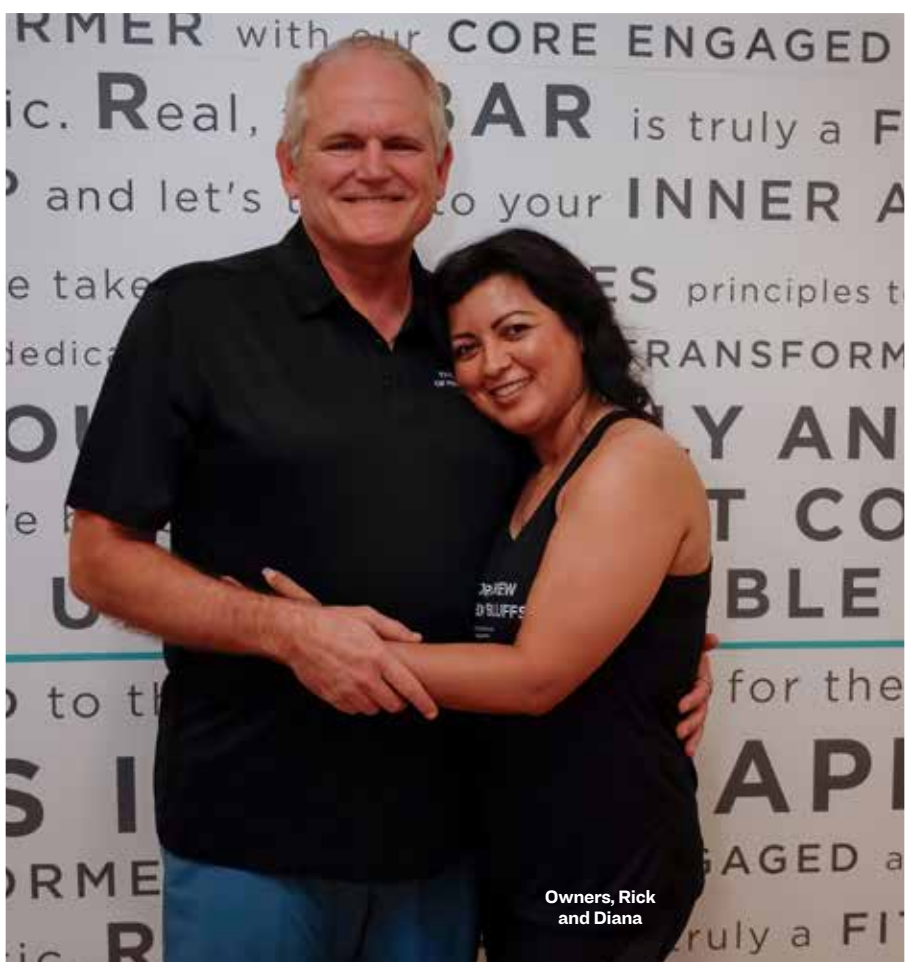
When Rick Scott and his Fiance, Diana, decided to open their Pilates studio, the decision was about much more than starting a business—it was about helping Diana fulfill her dream while creating a place where people could improve their health and truly connect with one another. Diana has contributed to helping hundreds of clients over the past 15 years and built incredible life-long friendships in the process. Seeing the benefits, Diana is thrilled to bring Pilates to the Belleair community.

Along the way, Rick discovered that Pilates transformed his own life as well. “My shoulder pain and hip pain are gone,” he says. “My flexibility has increased, and I sleep better at night.” What began as a way to support Diana’s dreams quickly became a personal passion after experiencing the benefits firsthand.

Since opening the Belleair Bluffs studio, We have witnessed countless success stories. Members have lost weight, gained strength, improved their balance, increased flexibility, and eliminated chronic back, shoulder, and hip pain. For many older adults, Pilates has restored confidence by improving stability and helping reduce the risk of falls. The studio proudly serves members ranging in age from young adults to an inspiring 86 years old.

Some of the most meaningful transformations go beyond physical fitness. Rick recalls one member whose early Pilates sessions revealed symptoms that ultimately led to the discovery of a tumor. Because she sought medical attention, she received treatment and has since recovered, returning to the studio stronger than ever.

What touches us the most, however, is the community that has grown inside the studio’s walls. Members often describe BodyBar as their “happy place”—a place to escape daily stress, meet new friends, and encourage one another. We have watched strangers become close friends, families work toward healthier lives together, and members reach goals they once thought were impossible.



Owners, Rick and Diana



One moment stands out in particular. After a woman shared that she was hoping to make friends following the loss of her husband, another member immediately sat down beside her, spending the next half hour talking and offering companionship. Moments like these remind us that Pilates isn’t just about exercise—it’s about creating a place

where people feel welcomed, supported, and cared for. “We’ve built a community that truly cares about each other,” Diana explains. “It’s a safe, fun, and encouraging place where people can become healthier, stronger, and more confident. I feel incredibly blessed to be part of changing people’s lives.” This is the greatest reward of all.

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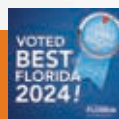
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STRONG FOUNDATIONS, NEW HORIZONS: MARILYN WARNER'S PILATES JOURNEY

Marilyn Warner's life has been shaped by continents, creativity, and a deep belief in second chances. Now living in Harbor Bluffs on Orangewood Lane, right along the park, she shares this coastal chapter with her husband, Bill, and their two dogs—a Bernese Mountain Dog and a Golden Retriever. Together, they embraced Florida's sunshine and coastal lifestyle after relocating from Colorado three years ago, adding a new layer to a life already rich with experience and adventure.

Marilyn's story began long before Florida. Raised in Africa, she later launched her interior design business in 1997 in Richmond, Virginia. Years later, life brought her and her husband full circle after they reconnected following a 25-year separation. What began as a high school connection eventually grew into a shared life and blended family, including Bill's three sons from a previous marriage. Today, their sons remain in Colorado while Marilyn and Bill continue building their business and life together across states and seasons.

Professionally, Marilyn brings together design, building, engineering insight, and creative vision through her work alongside her husband. Beyond interior design and renovation, she also supports accounting work for her brother's company and runs a cottage business creating handmade drippless hummingbird feeders through www.HummingbirdVineyard.com.

Her life philosophy is grounded in what she calls her guiding principle:

“Strong foundations in Faith, Life, Design and Core.”



“Strong foundations in Faith, Life, Design and Core.”

Wellness and strength have always played a major role in Marilyn's journey. A former marathon runner, she now channels that same discipline into Pilates, which she has practiced in mat form for 20 years. Since joining studio and reformer classes, she has experienced a noticeable transformation.

“The studio and reformer classes have made me stronger than I have ever been,” she shares. “I absolutely love it.”

Pilates has not only enhanced her strength and core stability but has also become a joyful part of her routine—one that supports both her active lifestyle and her passion for meeting new people and staying connected within her community.

From global beginnings to coastal living, Marilyn's journey reflects resilience, creativity, and strength built from the inside out—both in life and on the reformer.





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**RUNNING TOWARD STRENGTH:
JULIE MARTIN'S NEXT CHAPTER**

Julie Martin embraces everything the Florida lifestyle has to offer. She and her husband, Alex, will celebrate their 25th wedding anniversary this year while cheering on their three children: Mackenzie (23), who lives in New York City; Kate (21), a nursing student at Florida State University; and Avery (18), who recently graduated from Clearwater Central Catholic High School and will begin serving in the United States Army Reserve. Their family also includes two lovable cats, Mario and Vinny.

Originally from Michigan, Julie is happy to have traded snowy winters for sunny days. After nearly five years in Harbor Bluffs, she says it's the neighbors who make the community so special. "The people here are so friendly," she shares. She also loves that the neighborhood feels peaceful and tucked away while still being close to the beaches, restaurants, and everything the area has to offer.

An active lifestyle has always been part of Julie's story. Whether she's boating to a local sandbar, scuba diving, metal detecting, playing pickleball, traveling, or cheering on her favorite sports teams, she and her family enjoy making the most of every season. As a longtime runner who has completed a marathon, three half marathons, two Tough Mudders, and countless 5Ks and 10Ks, Julie was ready for a new fitness challenge that would strengthen her body without adding more wear and tear to her knees. She found exactly that in Pilates.

Julie began taking Pilates classes last October and quickly discovered how much she loved the combination of strength, flexibility, and low-impact movement. By pairing Pilates with walking and weight training, she's already reduced her body fat by 3% and says the experience has been life-changing.

"I love the way I feel after," Julie says. "My muscles are sore, but I feel strong at the same time."

With an empty nest just around the corner, Julie is already looking forward to spending even more time in the studio. Pilates has become more than a workout—it's an investment in her health, strength, and the exciting next chapter ahead.

“

"I love the way I feel after. My muscles are sore, but I feel strong at the same time."



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**FINDING BALANCE, STRENGTH
& COMMUNITY: MICHELLE
CHAPMAN'S PILATES STORY**

Originally from Ohio, Michelle Chapman has embraced coastal living since moving to Harbor Bluffs two years ago. She and her husband, Scott, share a full and active family life with their two sons, Spencer (29) and Grant (26), along with their beloved French Bulldogs, Drago and Milla.

Since settling into the neighborhood, Michelle has loved the close-knit, small-town feel of Harbor Bluffs. "The community is incredible," she shares. "Everyone is so friendly, and it really feels like home."

Life for Michelle and her family is centered around enjoying the outdoors and staying active together. Whether it's boating,

walking, or finding time to exercise, they make the most of the beautiful Florida lifestyle and all it has to offer.

For Michelle, Pilates has become an important part of her personal wellness routine—something just for her in the midst of a busy life. "It is something I do for myself," she says. "I love that everyone is so encouraging of each other."

She first began her Pilates journey with BodyBar when it opened in June 2025 and quickly discovered how beneficial it is for both body and mind. Pilates has helped improve her flexibility and muscle tone, but just as importantly, it gives her a dedicated space to slow down, breathe, and focus inward.

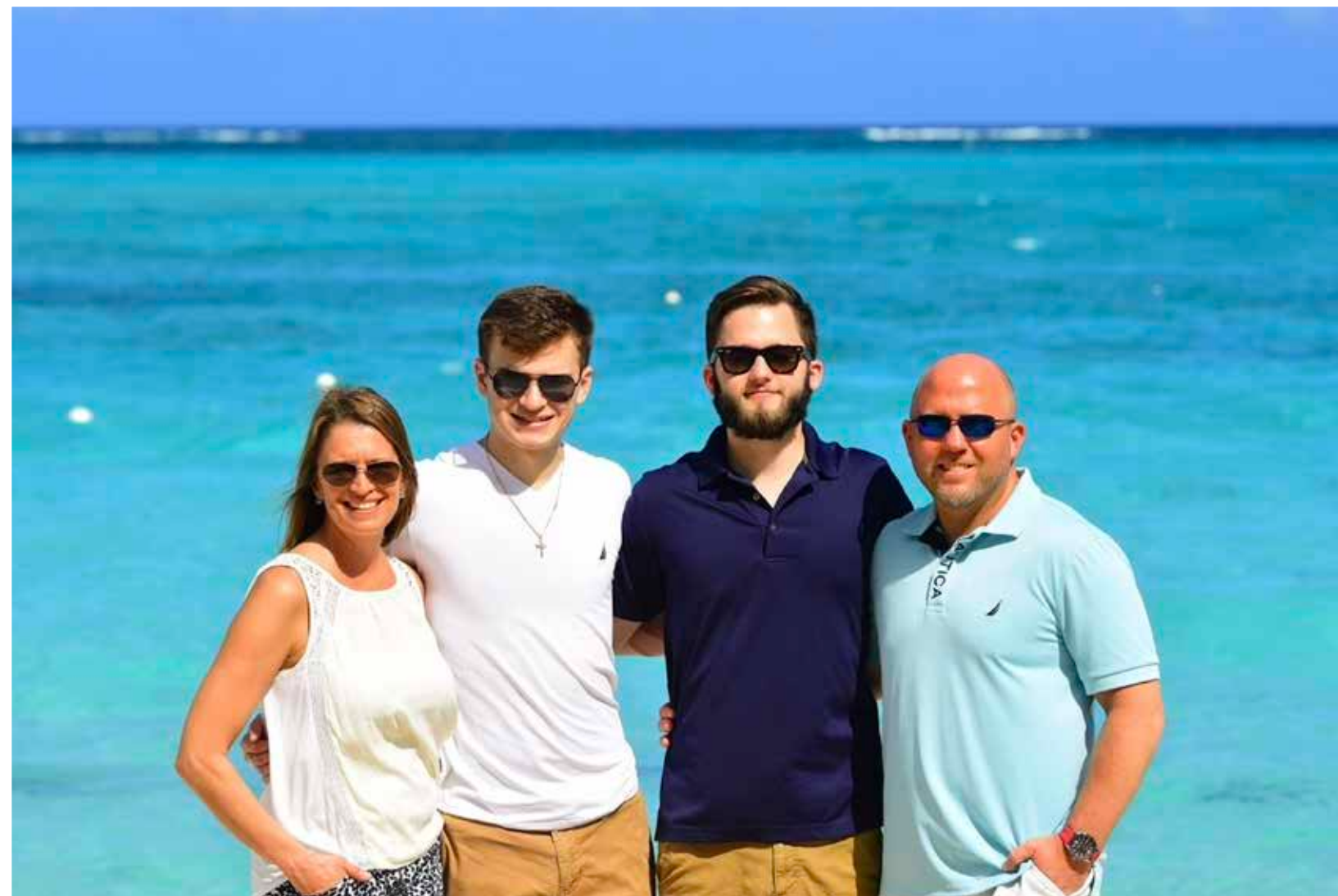
"Pilates helps me be in tune with my mind and body," Michelle explains. "It's a

time to block out the 100 things I need to do and just focus on me."

For Michelle, Pilates is more than exercise—it's a reset, a community, and a reminder to take care of herself while continuing to enjoy the active, connected life she loves in Harbor Bluffs.



"Pilates helps me be in tune with my mind and body,"



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SUNSHINE, STRENGTH & NEW BEGINNINGS: MICHELLE'S JOURNEY TO AGE GRACEFULLY

For Michelle Marengo, this season of life is all about embracing new opportunities, focusing on wellness, and making meaningful connections within the community she proudly calls home. A longtime Florida resident who grew up in the Seminole area, Michelle has enjoyed living in the Belleair neighborhood since 2019 and appreciates everything that makes it special.

"I love this area—it's so close to the beach, always clean, and has a great mix of local businesses," she says. "It feels like the perfect balance of peaceful and convenient."

After years of balancing family life with a rewarding career in nursing, Michelle has welcomed this new chapter as a chance to prioritize her own health while continuing to serve others. She enjoys traveling, exploring new places and cultures, spending time outdoors, relaxing at the beach, and experimenting with new recipes in the kitchen.

Pilates quickly became one of her favorite ways to stay active after she discovered BodyBar Pilates through community pop-up classes last year.

"I love Pilates because it makes me feel good in a way that's different from strength training or cardio," Michelle says. "It's low impact but still challenging, and I always leave feeling stronger, more balanced, and energized."

In less than a year, she's already noticed significant improvements in her core strength, flexibility, and overall muscle tone. Just as meaningful has been the welcoming community she's found through the classes. As someone still getting to know more neighbors, Michelle enjoys connecting with others who share a commitment to healthy living and looks forward to building even more friendships along the way.

Her personal motto says it all: **"Sunshine, movement, and a good bag by my side."** It's the perfect reflection of someone who is embracing life with gratitude, positivity, and a healthy dose of adventure.



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**GUARDIAN OF FUTURES,
KEEPER OF STRENGTH:
BETH RONZO'S STORY**

Beth Ronzo calls Harbor Bluffs home, living at 116 Harbor View Lane with her husband, Joe. Both Florida natives, the couple moved to Belleair Bluffs 12 years ago from Citrus County and have built a full, active life centered around family, travel, and staying engaged in the community they love.

Beth and Joe are proud parents to three adult children—Danielle (29), Chrissy (26), and Joey (25)—and doting grandparents to Rosie (8) and Ellie (1). Their home is also shared with their playful 5-month-old golden-doodle puppy, Cara, who keeps life lively and fun during this new empty-nest chapter.

Life for Beth is rooted in connection and adventure. She and her husband enjoy boating, fishing, traveling, golfing, and spending time working on their vineyard in Georgia. But her commitment to service runs just as deep as her love for the outdoors.

For the past eight years, Beth has served as a Guardian ad Litem volunteer, advocating for children and helping represent their best interests. It's a role she

is deeply passionate about and one that inspired her personal tagline: “Guardian of futures, curator of vines, seeker of adventure.”

In her younger years, Beth was also highly involved in martial arts, particularly Jeet Kune Do. She trained extensively with Sifu Keller in Citrus County and later traveled to China with Grandmaster Steve DeMasco and a group of students to train at the Shaolin Temple alongside the Shaolin monks. The experience was intense and unforgettable—four hours of training per day, performing forms in front of monks, the Abbot Shi Yongxin, spectators, and even Chinese media.

Looking back, Beth describes that time as one of the most exciting of her life, though it also came with physical challenges. Years of martial arts training led to several injuries, eventually prompting her to slow down and focus on more sustainable movement. She found that balance in Pilates.

Beth began Pilates about four months ago after encouragement from a neighbor and quickly became hooked. She appreciates that Pilates is low-impact, allowing her to modify

movements to protect past injuries while still achieving a strong, effective workout.

“Pilates is perfect for me because I can work around my injuries and still get great results,” she shares. “The best part is how energized and good I feel when I finish a

class—it helps me keep up with my grandkids.”

For Beth, Pilates is more than fitness—it's a way to stay strong, mobile, and fully present for the life she continues to build, with strength, purpose, and adventure at its center.



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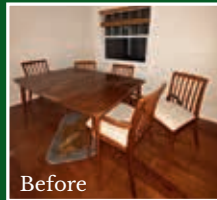
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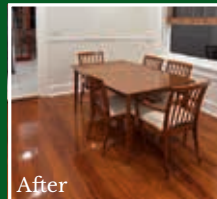
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STRONG AT EVERY AGE: MELISSA HUBBELL'S PILATES COMMITMENT

Melissa Hubbell has spent her life deeply rooted in the Belleair Bluffs area, where she was born and raised and grew up in her family's business at Hubbell Funeral Home, established in 1964. Today, she continues to call Harbor Bluffs home, living on Live Oak Lane with her husband, Cliff Blum, where they enjoy a full and active life surrounded by family, work, and community.

Together, Melissa and Cliff share a blended family they are incredibly proud of. Their children include Patrick Blum (28), who works for Fox News and several major sports teams as a camera operator, and Stella Hubbell (20), who is currently in her third year at Florida Atlantic University.

Their home is also happily shared with two energetic Labrador retrievers, Tuck and Maya, who keep life entertaining and full of movement.

Professionally, Melissa is a Registered Nurse, while her husband Cliff is a retired detective who now works as a private investigator for insurance companies. Even while maintaining full-time careers, they prioritize their family life and their appreciation for the Harbor Bluffs community.

One of the things Melissa loves most about living in Harbor Bluffs is the welcoming, family-friendly atmosphere and the kindness of her neighbors. "We couldn't ask for nicer neighbors," she says.

Pilates has been a consistent part of Melissa's life for decades—off and on for nearly 40 years. She joined BodyBar when it first opened and has remained committed to the practice ever since.

"I love Pilates," she shares. "I've become stronger and healthier with the amazing instructors and staff who celebrate each member's accomplishments."

As a nurse, Melissa understands the importance of movement, strength, and long-term wellness. Now at 68, she has made a personal promise to continue Pilates into her senior years, recognizing its powerful role in maintaining both physical health and independence.

For Melissa, Pilates is more than exercise—it is a lifelong commitment to strength, vitality, and living well at every stage of life.



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**STRONG, FIT, AND GROUNDED:
YVONNE MORRIS FINDS BALANCE IN
HARBOR BLUFFS**

Yvonne Morris has called Harbor Bluffs home since January 2016, where she enjoys a lifestyle rooted in wellness, connection, and an appreciation for the neighborhood's natural beauty. Born in Taos, New Mexico and raised in Santa Fe, she also spent time in Northern California's Napa Valley, bringing a diverse background and appreciation for community wherever she goes.

She shares her home with her husband, Terry Colbert, and their beloved four-year-old rescued Pomeranian, Suki. Together, they stay active and engaged in both business and community life, running three businesses while also making time for friends, Book Club gatherings, water sports, and daily walks with Suki.

One of Yvonne's favorite parts of Harbor Bluffs is something simple but



meaningful—the ability to walk the oak-lined streets, visit with neighbors, and enjoy seeing both familiar faces and friendly dogs along the way. For her, the neighborhood's charm lies in its sense of connection and ease.



“It’s an excellent workout,” she shares. “Pilates allows me to strengthen core muscles and enhance joint mobility without pain.”

Health and movement have long been central to Yvonne's life. With a history of back injuries, knee issues, and years of high-impact exercise including teaching aerobics and long-distance running in the 1990s, she began seeking a more sustainable way to stay strong and active. That search led her to Pilates.

After years of practicing yoga daily, Yvonne transitioned in 2022 to Pilates five days a week and hasn't looked back. The shift has helped her build strength, improve mobility, and support her overall joint health while continuing to stay active and energized.

For Yvonne, Pilates is more than exercise—it's a long-term investment in feeling good, moving well, and maintaining the active lifestyle she loves in Harbor Bluffs.

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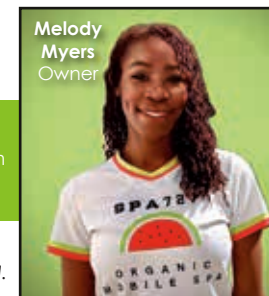
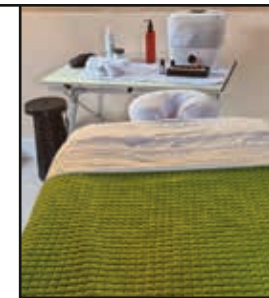
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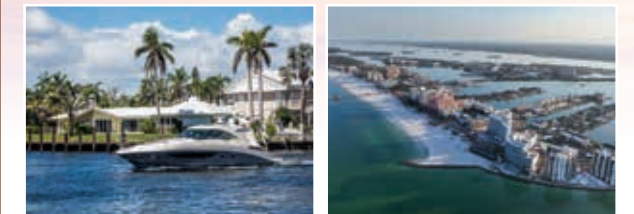
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STRENGTH, COMMUNITY & THREE SHIH TZUS: CHERYL CRAWFORD'S PILATES ROUTINE

Cheryl Crawford has called Harbor Bluffs home for the past seven years, where she has built a life centered around family, community, and wellness. Originally from Massachusetts, she enjoys the warmth and coastal lifestyle Florida offers, along with the close-knit neighborhood she now calls home.

At the center of Cheryl's world are her three daughters—Gabriella (35), Alejandrina (30), and Michelle (22)—along with her three beloved Shih Tzus: Emma, Jovi, and Maverick. When she's not enjoying time with family or her pups, she can often be found spending weekends at her cabin in Old Homosassa, a favorite escape that brings peace and relaxation.

Cheryl says one of her favorite parts of living in Harbor Bluffs is the sense of community and wonderful neighbors who make the neighborhood feel welcoming and connected.

"I love Pilates because it's great for the body and the soul."

That same sense of connection is what drew her to Pilates.

"I love Pilates because it's great for the body and the soul," she shares. "It's also a wonderful community of women."

Cheryl joined BodyBar Pilates when it first opened and has been going consistently ever since. What started as a new fitness routine quickly became an important part of her daily life. Pilates has helped her build strength, improve her overall wellness, and support her mental health as well.

"It has helped me so much with strength," she says. "Mentally, it's the best way to begin or end your day."

For Cheryl, Pilates is more than exercise—it's a grounding part of her routine, a source of strength, and a community she looks forward to being part of for years to come.





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**STRONG, STEADY & SMILING:
AMY'S PILATES JOURNEY**

Amy Harris has called the Clearwater and Belleair areas home for decades, building a life centered around family, wellness, and staying active. She and her husband, G. Michael Harris, are proud parents to Sebastian (34), Rachel (33), Leah (24), and Matthew (23). Their family also includes two loyal companions—German Shepherd Ryker and German Shepherd mix Xena.

Although Amy lives in nearby Belleair rather than Harbor Bluffs, she's become a valued part of the Pilates community that brings women from across the area together. She first stepped into BodyBar when it opened and has been committed to her Pilates journey ever since.

Amy loves Pilates because it's low impact while still delivering powerful results. Since starting, she's noticed greater strength and improved muscle

definition, proving that consistency pays off. The workouts challenge her, help her stay active, and support her overall health without putting unnecessary strain on her body.

For Amy, Pilates is more than just exercise—it's an enjoyable way to invest in her health while connecting with a wonderful group of women who encourage one another every step of the way.



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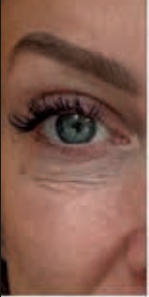
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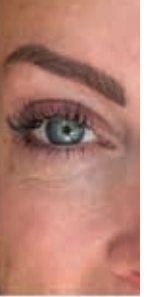
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DEVIN PAPPAS STARTED PILATES FOR HEALING, AND STAYED FOR THE ABS

Originally from Rhode Island, Devin now calls Harbor Bluffs home, where she lives on Live Oak Lane with her husband, Marc, and their three dogs—Fendi, Macy, and Wally. From the moment she moved to the neighborhood, she fell in love with the community, the pride of homeownership, and the genuine connections that make Harbor Bluffs such a special place to live.

That sense of connection is what inspired Devin to create *Stroll Harbor Bluffs Magazine*. Her passion lies in bringing neighbors together and building a trusted space where residents can get to know one another while also connecting with reputable local

businesses. She believes deeply in the power of community and word-of-mouth relationships and finds great fulfillment in helping foster those connections.

In addition to her work in publishing, Devin is the founder of Raising Relief Foundation, a 100% volunteer-run nonprofit dedicated to “filling in the gaps” for those in need throughout the community. The organization supports families, veterans, children, and individuals facing unexpected hardship, with a mission to show up quickly and compassionately to make an immediate impact.

On a personal level, Pilates has become a transformative part of Devin’s life. What began as physical therapy following eight back surgeries and years of chronic pain has evolved into a practice she genuinely loves. The

combination of stretching and core strengthening has helped improve daily function while significantly reducing pain levels. What once started as healing has now become a source of strength, energy, and overall well-being.

Beyond her community and wellness work, Devin enjoys traveling, exploring new experiences, and diving into her interest in true crime. She has also pursued flying lessons and recently graduated from the FBI Citizens Academy—an experience she looks forward to sharing more about in the future.

Grateful to be part of Harbor Bluffs, Devin remains passionate about connecting neighbors and strengthening the community she calls home. Whether through publishing, philanthropy, or simply a friendly hello around the neighborhood, she continues to find purpose in bringing people together.



Lunch, Laughter & Lasting Friendships

The Belleair Beach Ladies Luncheon Club kicks off another exciting season of delicious lunches, engaging programs, and meaningful community support—welcoming women from across the area to join the fun while helping make a difference for local children through this year’s charity, The Kind Mouse.

All set for the upcoming year, BBLLC (Belleair Beach Ladies Luncheon Club) looks forward to a new year filled with great food, friends, and programs. The charity for this year is The Kind Mouse, which ensures that children receive food, as many go without. Not just during the school year, but all year. We are looking forward to working with this charitable organization. Don’t let the name fool you- not just Belleair Beach, but all surrounding areas are welcome. There is a \$25.00 yearly membership fee; each luncheon is \$37.00 and includes bread, salad, a hearty meal, dessert, and a glass of wine. We meet at local restaurants on the second Tuesday of the month (one exception), October through May, and have a different program each time. The group is a wonderful mix of ladies enjoying a lovely lunch together.

If you would like more information or to join, contact Treasurer Deborah Hendricks at 727-453-2193 or dsbrown55@yahoo.com

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Captured in Time Photography

Where moments become memories

I’m Brandy the heart behind Captured in Time Photography, a portrait and event photographer serving the Tampa Bay area and surrounding communities. I am a fourth generation Florida native born right here in Pinellas County. For nearly four decades, I’ve lived under Florida’s wide-open skies drawn to its light, its warmth, and the way it turns ordinary moments into something unforgettable. That love for natural light and meaningful connection shapes everything I create.

For me, photography has never simply been about taking pictures. It’s about preserving the quiet, fleeting moments that make life beautiful, the laughter between family members, the glow of a Florida sunset, the way a couple looks at each other when no one else is watching.

My journey began in 2008 after my first child was born. I realized how quickly time moves, how tiny hands grow, how seasons shift, how life transforms in the blink of an eye, how powerful a photograph can be when it freezes a moment that would otherwise slip away.

What started as a desire to preserve my own memories grew into something

MEET THE PHOTOGRAPHER



“Today, I document milestones, quiet in-between moments, bold new beginnings, and everything in between.”



far greater, it became a calling. Today, I document milestones, quiet in-between moments, bold new beginnings, and everything in between. I serve families, couples, professionals, and brands, the dreamers building lives and businesses that deserve to be remembered. At its core, my work is about connection. Real stories. Honest emotion. Images that don’t just look beautiful but carry meaning long after the moment has passed.

My own story began in the summer of 2004, shortly after graduating high school, when I met my husband. On April 3, 2010, we said, “I do” and began building our life together. Today, that life is full, three incredible kids, a home filled with

movement and laughter, and a family that grounds me in everything I create. They are my greatest accomplishment and my constant reminder of why preserving memories matters.

Photography is more than taking pictures. It’s storytelling. It’s connection. It’s creating something tangible that outlives the moment itself. I am excited to join the *Stroll Harbor Bluffs* team as their featured photographer. I’m honored to help showcase the incredible people, families, and local businesses that make this community so special. Through my lens, I look forward to bringing your stories and visions to life while capturing the heart and spirit of Harbor Bluffs.

THE TOX CELEBRATES GRAND OPENING



The Tox, a wellness studio specializing in lymphatic body sculpting treatments, is celebrating the grand opening of its newest location at 454 W Bay Dr., Largo, FL 33770.

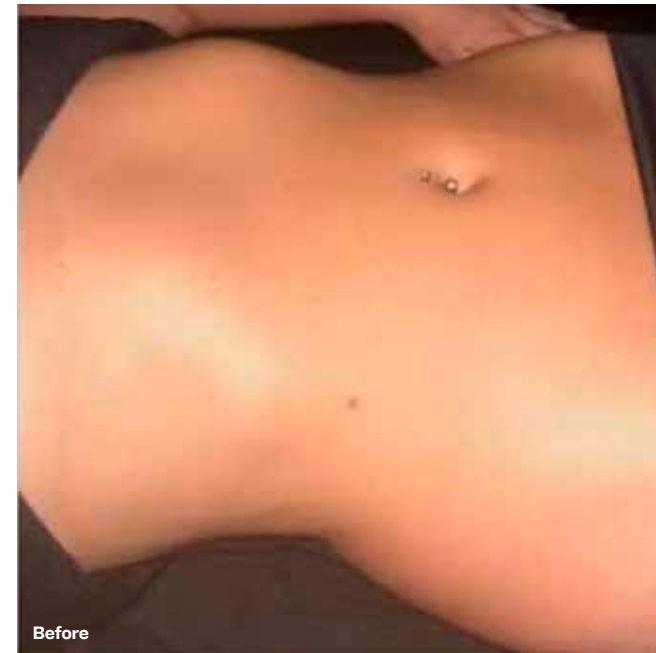
Owned by local entrepreneur Heather Whitlock, The Tox brings its signature Tox Technique to the Clearwater/Largo community. The Tox Technique is a non-invasive lymphatic body sculpting treatment designed to support the body's natural detoxification processes while reducing the appearance of bloating and water retention. Through a proprietary approach that combines lymphatic work and body contouring, clients often experience immediate sculpting effects, increased energy, improved circulation, immune system support and a greater sense of overall wellness. The treatment helps clients feel lighter, refreshed, and more confident while enhancing their natural shape.

"The Tox was created to bridge the gap between wellness and beauty," said Whitlock. "We're excited to bring this unique experience to the area and create an elevated space where clients can prioritize self-care while achieving visible results."

For as long as I can remember, I have been passionate about health, wellness, and the incredible ability of the human body to heal itself when given the right support. Growing up immersed in the health and wellness space, I developed a deep appreciation for treating the body from the inside out.

That passion became profoundly personal in 2018 when my late husband was diagnosed with ALS at the age of 48. During our search for answers, we learned that he carried a non-functioning methylation gene, a discovery that opened my eyes to the critical role toxins, inflammation, and cellular function play in overall health. As I researched neurological disorders and chronic inflammation, I became increasingly convinced that many health challenges stem from the overwhelming burden of environmental and neurotoxins that accumulate within the body and are often unable to be efficiently eliminated on their own.

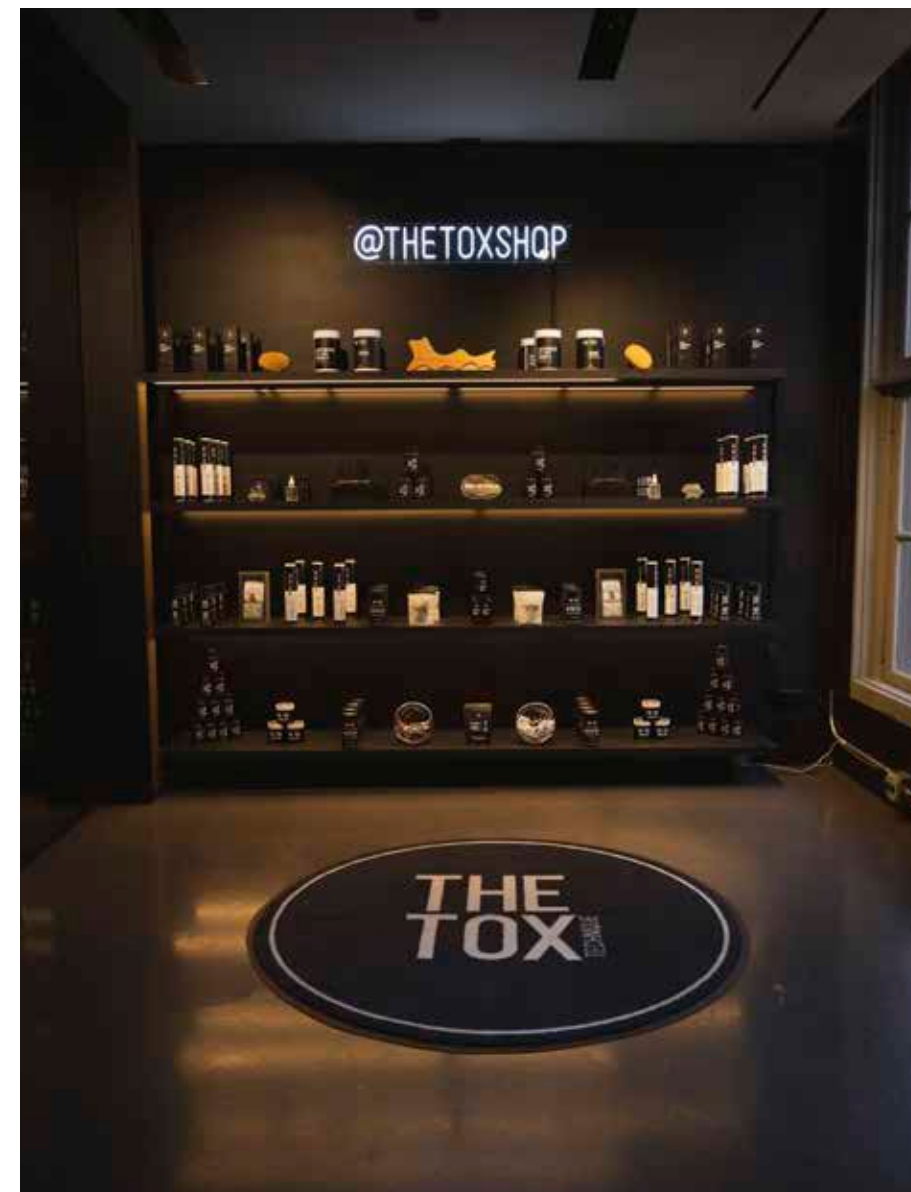
My mission is to provide innovative, non-invasive therapies that support the



Before



After



body's natural detoxification pathways, reduce inflammation, and help individuals feel empowered in their pursuit of better health. This business is more than a professional endeavor - it is a tribute to my husband's legacy and a commitment to helping others reclaim their vitality from the inside out.

The new location offers The Tox's signature body sculpting services in a modern, wellness-focused environment designed to help clients look and feel their best.

To celebrate the opening, The Tox Clearwater will host a Grand Opening Party; the date is yet to be announced. The event will feature exclusive promotions, giveaways, wellness experiences and an opportunity for the community to tour the studio.

For more information or to book an appointment, visit thetoxtechnique.com or follow @thetoxclearwater on Instagram.



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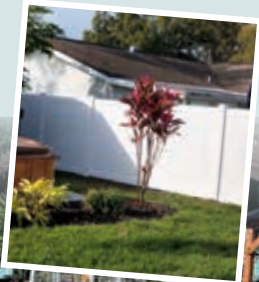


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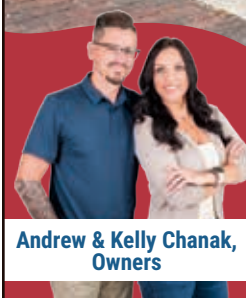


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