

# THE SPACE CO.

*Celebrating 36 years of service*

*Let's bring in 2023 with Prosperity*  
**HAPPY NEW YEAR!**

## CHOOSE YOUR *Intention* FOR THE NEW YEAR

Find somewhere comfortable, sit down, and close your eyes. Visualize a beautiful door, take in every detail - the chipped paint, the golden knob, behind this door lies the new year, before you open it, choose a word that you relate to the most: abundance, passion or growth.

### 1 *Abundance*

travel, money, prosperity, recognition, health, harvest, new family, fertility, creating a home, moving, giving, generosity, gratefulness

### 2 *Passion*

self-discovery, romance, relationship, art, creation, setting sights on your dreams, risk, love, self-appreciation, allowing space for uncertainty.

### 3 *Growth*

learning a new skill, saying yes to yourself, accepting the truth, choosing a new path, letting go, starting over, allowing happiness, moving on.



IN 2023, IT'S TIME TO DITCH THE TYPICAL RESOLUTIONS THAT LEAVE YOU FEELING STRESSED OUT OR LET DOWN YEAR AFTER YEAR. INSTEAD, OPT FOR RESOLUTIONS THAT YOU'LL ENJOY SO MUCH AND WILL MAKE YOU FEEL SO GOOD, YOU'LL HAVE NO TROUBLE STICKING WITH THEM AT ALL..

# FOOD *for* THOUGHT

"Having a healthy mind is just as important as having a healthy body"

"Success is not obtained overnight. It comes in installments; you get a little bit today, a little bit tomorrow until the whole package is given out. The day you procrastinate, you lose that day's success."

"To a hungry person, every bitter food is sweet. When the preferable is not available, the available becomes preferable!"

"There are obviously two educations. One should teach us how to make a living and the other how to live"

## Tips for Healthy Living in Charleston, SC

The population in Charleston is one of the healthiest in the US. This isn't a surprising fact, as the lifestyle in Charleston means good walkability, great activities that improve physical health, and an abundance of healthy restaurants to choose from. Here are 7 of the many ways you can enjoy healthy living in Charleston, one of the most amazing and beautiful cities in the world.

### EAT HEALTHY IN LOCAL CHARLESTON RESTAURANTS

In Charleston, there is no shortage of healthy restaurants offering great food. You can go out for breakfast and enjoy freshly squeezed juices along with granola. For lunch, you can enjoy freshly caught ocean fish. Fish is one of the healthiest meats out there. Because of this, make sure to take advantage of the great location Charleston has and eat out at some of the best fish restaurants in the US. If you don't prefer eating animal products, you will be pleased to know that most Charleston restaurants also offer vegan dishes.

### ENGAGE IN HEALTHY CHARLESTON ACTIVITIES

Whether you just moved to Charleston or have been here for a while, you can still go on a walking tour to experience it better. You might even learn something new and make friends. Kayaking is one of the best and most fun water activities you can enjoy in Charleston.

### TAKE CARE OF YOUR MENTAL HEALTH

Mental and physical health are very much connected. It's impossible to have a healthy mind without a healthy body. In Charleston, the community is very friendly, and you will always have someone to count on. Living in Charleston will give you a sense of belonging to a large group.

### AVOID DRINKING WHEN YOU GO OUT

All the efforts you put into being and staying healthy can go unnoticed if you start drinking alcohol. This is one of the most dangerous threats to our health, both mental and physical. It can have negative effects on our organs.

### VISIT CHARLESTON SPAS

A spa isn't just a nice way to spend a weekend. It is also a very luxurious way of staying healthy. For a small price, you can get a luxurious experience that will improve your health. It's well known that spending time in spa therapy can reduce inflammation and improve circulation. If you have sore muscles, this will help you. It is very beneficial for mental health, too. You can spend some time in a spa, clear your mind, and relax.

### TO SUM UP

Life in Charleston is an opportunity to live a healthy lifestyle in a great community. Whether it's your physical or mental health, healthy living in Charleston will allow you to keep up with both. With excellent and healthy food and the opportunity to take part in some of the best sports, Charleston is definitely a good place for anyone looking to live a healthy lifestyle.

## january UPCOMING EVENTS

- **Charleston Restaurant Week, January 12-22 2023**

Winter edition of Charleston's restaurant week, featuring special prix fixe menus at selected local restaurants

- **Taste of Folly, January 13-14 2023**

Food festival in Folly Beach featuring food and drink from local restaurants and bars, demonstrations, local bands, arts and crafts, and more

- **MLK Day Parade, January 16 2023**

Annual parade through downtown Charleston in honor of Dr Martin Luther King, Jr

- **Lowcountry Oyster Festival, January 29 2023**

Very popular annual oyster festival that claims to be the biggest in the world, with oysters by the bucket, eating and shucking contests, live music and other entertainment, children's activities, lowcountry crafts, and more.ay

## OFFICE BULLETIN

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