

# D. Brown Update

## Back By Popular Demand: One-on-One Personal Training

I hope this newsletter finds you in the best of health and doing well. This year I'm devoting my time, energy and money to developing my business interests. This newsletter is to update you on my efforts and to ask for your help. To begin with, I'm returning to my entrepreneurial roots. That's right.



I'm back. I've decided to revive the door-to-door fitness services that I've become known for. My clients can once again benefit from my training and experience as a physical therapist assistant and my certification as a personal trainer. I'm incorporating my skills to create the safest most effective exercise programs for my

clients. This is exciting news for me because it means that I can offer a variety of fitness services to you. Of course, you can still rely on me to provide one-on-one instruction during personal training sessions. You can also receive fitness consulting, individualized weight training programs, sub-maximal fitness assessments, computerized diet analysis (not to be confused with nutritional counseling), and exercise equipment assembly. All in the privacy of your home! Give me a call and we'll talk about how can I help you. Oh by the way, personal trainers also make great gifts. Why not give the gift of fitness to the ones you love. [Call me at \(410\) 637-7370](tel:4106377370) or [fax me at \(410\) 655-8555](tel:4106558555) today for a free brochure or free initial consultation. All referrals are welcomed and appreciated.

*I hope you enjoy this **FREE** publication. Please share it with a friend. Stay positive and remember to support Black businesses.*



## Now serving YOU at the Camera-Ready Cafe`

Did I mention that I've been a commercial artist since 1975? I began as a simple sign painter and in time developed the skills I needed to become a graphics designer. Through the years I've continued to "tinker" with graphic arts. However, last year a I made a real commitment of time and money. I combined my commercial art skills, my love of computers and the bulk of my savings to create what I call, [The Camera-Ready Cafe`](#). With the help of [The Cafe`](#) I can cook up all sorts of delectable desktop yummys like business cards, brochures, invitations and newsletters (like this one). Everything's made to order. The Cafe is open for business. All it needs now is you. Want a tour? How about a menu? Give me a call at (410) 637-7370 and we'll talk about what I can cook up for you. Reserve your table at [The Camera-Ready Cafe`](#) today.



Your E-mail welcomed at:  
[WeMatter@AOL.com](mailto:WeMatter@AOL.com)



## Family of Friends allows me to give back.

**B**eing able to preserve my history and give something back to the people who have helped me grow has been a long-time dream of mine. Last year, I gathered with a few friends to help make that dream come true. I and three other health care professionals formed a non-profit organization dedicated to providing seniors with a safe and affordable alternative to nursing home care. We founded **Family of Friends** to help meet the needs of this growing population. My partners and I have rented a small town house, completely furnished it and obtained the necessary licenses. Up until now we have been relying on word of mouth to let folks know that we're out there and willing to serve. Our little home is open for business. All we need now are people to fill it. If you have an elderly friend or relative, give me a call. We welcome tours and encourage questions. **Family of Friends** also needs to establish contacts with social workers, doctors and other professionals who



service the same population as we do. Can you help us? You may call me with any questions, referrals or contacts at (410) 637-7370. Two of my partners (Carolyn and Reggie) would also be happy to take your calls. [Carolyn Payton can be reached at \(410\) 882-0209](#) and [Reginald Kirkland can be reached at \(410\) 679-2114](#). We thank you in advance for your help and support.

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## D. Brown Update

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