

# Cummings Center NEWSbrief



LIVE.

WORK.

PLAY.

May 21, 2019

## Noteworthy News



Cummings Properties' offices will be closed **Monday, May 27**, in recognition of **Memorial Day**.

## Quick Links

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## Upcoming Events



[Express Yourself](#), 100 Cummings Center, Suite 165-E, and Massachusetts Department of Mental Health are counting down the days to their 25<sup>th</sup> annual performance, EXYO 25, on **Thursday, May 23 at 7 PM** at Boch Center's Wang Theatre. For thousands of young performers, the show has been a source for creative self-discovery and connection. This year's guest stars include: **Blue Man Group**, **Boston Children's Chorus**, **STOMP**, choreographer **Jeff Shade**, cultural spokesman

**Annawon Weeden** of the Mashpee Wampanoag tribe, artist **Wes Sam Bruce**, poet **Regie Gibson**, **The JaM Project** from World of Dance, and **Amanda Mena** from America's Got Talent.

The event is free and open to the public. For more information, click [here](#), or contact Aleah at [agates@exyo.org](mailto:agates@exyo.org).



**Misselwood Events** at **Endicott College** invites all Cummings Center clients to oceanside networking by the sea on **Wednesday, June 12 from 5 to 7 PM**. Enjoy complimentary appetizers, a cash bar, and lively conversation with fellow businesses and Endicott College staff. For more information or to register, visit the [website](#).

## Friendly Reminder



**Lunch Al Fresco:** Cummings Center offers a variety of pleasant outdoor destinations for all to enjoy. At the 100 building, the fifth-floor roof deck and Courtyard Garden (Suite 237-D) are great locations with ample seating and tables. Enjoy lunch or a snack by Upper and Lower Shoe Ponds, along the Shoe Pond walkway, or at the beautiful Healing Garden, south of 500 Cummings Center. Sheehy Park, a landscaped grassy area that wraps around the south end of Lower Shoe Pond, offers a pair of oversized charcoal grills, several picnic tables, and

benches. Sheehy Park may be reserved for a group at no charge; contact the leasing office at **978-922-9000 for reservations**. Also, don't forget to support the great on-site eateries, many of which offer convenient outdoor seating. Take a break and enjoy the sunshine!

## Business Spotlight

**Therapy for Intentional Living (TILI)**, 900 Cummings Center, Suite 408-S, has been a member of the Cummings Center community since 2010. At TILI, Elissa Tosi and her colleague aim to help clients find balance and peace as they work to overcome abuse, move beyond destructive patterns, and build healthier relationships. TILI specializes in mood disorders, depression, trauma, and anxiety, as well as counseling for couples, parents, and those experiencing life transitions, grief, or loss. For more information, visit the [website](#).



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