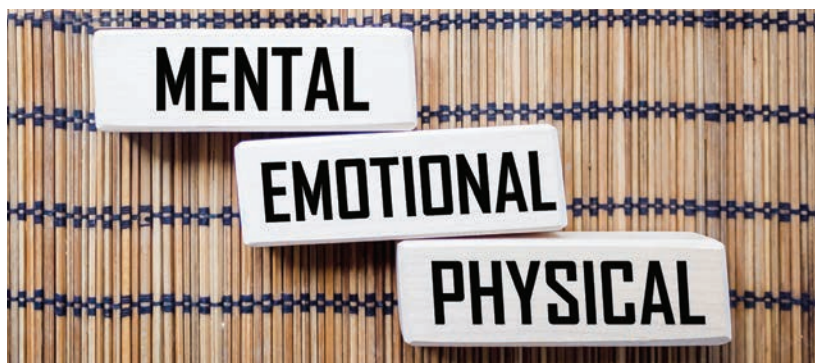




# Health and Wellness Providers Abound in MetroWest

The beginning of the year is an ideal time to take stock of your health – mental health, physical health, and wellness/self-care. Start by determining what you want to improve, setting goals for yourself, and accessing professional support as needed. Fortunately, for residents of MetroWest, a variety of health and wellness providers have chosen to locate in our community and are easily accessible.



## Mental Health Support:

- Psychotherapists** | 6200 MetroWest Blvd. #202
- Psychiatric Pain & Medical Rehabilitation Clinic, PA**  
882 S. Kirkman Rd. #305
- We Care Support Services** | (407) 439-2437  
1601 Park Center Dr. #12
- OHLA Open Hearts Language Academy**  
1701 Park Center Dr. #100

***If you are in crisis and need to talk to someone, text HOME to 741741 to reach a live volunteer Crisis Counselor at Crisis Text Line.***

## Physical Health Support:

- Planet Fitness** (407) 473-6086 | 5920 Metropolis Way #108
- Transformations Advanced Medical Weight Loss**  
6150 MetroWest Blvd. #201
- Powell's Pain Clinic** | 407-630-7246  
6150 MetroWest Blvd. #306
- Metro Health, Inc.** | (407) 294-1014, (Golden Timers Club)  
6150 MetroWest Blvd. #307
- Metro Chirowell** | (407) 440-4104 |  
6200 MetroWest Blvd. #207 Orlando Chiropractor, Auto Accident Injury Care, Sports & Wellness
- Orlando Life Chiropractic** | 1507 Park Center Drive #214
- 24Hr Fitness** | (321) 445-0296 | eismailoglu@24hourfit.com  
1101 Resource Ave.:

***If you are experiencing a medical emergency, call 911 immediately***

## Wellness/Self Care Providers:

- Empire Spa Center** | 407-800-2015  
1601 Park Center Dr. #7:
- Total Life Counseling Center**  
(407) 248-0030 | info@totallifecounseling.com  
1507 Park Center Dr. #101
- Ocean Day Spa and Massage**  
(407) 921-8788 | Peterlin7778@gmail.com  
2423 S. Hiawassee Rd. Unit 80
- Noire the Nail Bar** | khiemle2002@yahoo.com  
2437 S. Hiawassee Rd. Unit 150
- Urban Barbershop** | jrodriguezj47@gmail.com  
2869 Wilshire Dr. #106
- The Ultimate Cave Barbershop**  
(609) 943-8398 or (407) 270-4529  
diregofialhobastos@hotmail.com  
or contact@thecavebarbershop.com  
6965 Piazza Grande Ave. #106
- Advanced Dermatology and Cosmetic Surgery**  
(407) 445-9445 | 1507/1515 Park Center Dr. D & 1E:
- dePayolle Beauty Salon & Academy**  
depayolle@gmail.com | (407) 704-1022 | 6425 Raleigh St.:
- Hair in Motion Salon & Spa**  
(407) 704-8300 | leslinepowe@yahoo.com  
or hairinmotionofnewyork@gmail.com  
2121 S. Hiawassee Rd. #10

# Meet the 2025 MetroWest Master Association Board of Directors



**Kim Kreiger**  
*President*  
MetroWest Unit 5



**Lynn Walker Wright**  
*Vice President*  
Vista Royale



**Monica Luiza F. El Rassy**  
*Secretary*  
Stonebridge Lakes



**Douglas Maskiewicz**  
*Treasurer*  
Tradewinds Condominium



**Jim Drayton**  
*Board Member*  
Palma Vista



## OPENING SOON

COME VISIT US AT THE METROWEST  
FOOD TRUCK EVENT THURSDAY  
MARCH 6, 2025, 5 - 8 PM



SCAN CODE FOR A  
FREE CAR WASH

916 SOUTH KIRKMAN ROAD

# MetroWest Giving Hearts Check Presentation to Edgewood Children's Ranch



MWMA's annual MetroWest Giving Hearts Supporting Edgewood Children's Ranch, held from Oct. 25 through Dec. 6, raised more than \$7,200 for Edgewood Children's Ranch. Thank you, MetroWest!

## Calendar

### March 1

MWMA offices move to new address at 2145 MetroCenter Blvd., Suite 110

### March 6

MetroWest Food Truck Connection, 5-8 p.m. at Bubble Brothers, 916 S. Kirkman Rd.

### Early Summer

Aldi opens in former Winn-Dixie space, hosts MetroWest Food Truck Connection (tentative)

### July 3

MusicWORKS and MetroWest Food Truck Connection, 6-10 p.m., at MetroWest Golf Club

### Early Fall

Publix reopens (tentative)

### October 7

National Night Out and MetroWest Food Truck Connection, 5-8 p.m., at Publix (tentative)

**MetroWest Connect is a quarterly publication of MetroWest Master Association distributed at no charge to residents and businesses in the community. One of Orlando's first master-planned communities, MetroWest was developed in 1986 and features award-winning landscaping, MetroWest Golf Club, Valencia College campus, as well as high-performing public schools. MetroWest also provides convenient access to both I-4 and 408 from the west side of Orlando. MetroWest offers a community lifestyle with neighborhood businesses and outdoor recreation options. The diverse community is complemented by a range of living options, from single-family homes of all sizes to apartments and condominiums. For more information, please visit [www.metrowestcommunity.com](http://www.metrowestcommunity.com) or call (407) 601-5995.**



# MetroWest Public Safety Corner

## Spring Safety Tips from MetroWest Public Safety

Spring is a time of renewal, warm weather, and outdoor activities. As we transition into this vibrant season, MetroWest Public Safety would like to remind the community about essential safety tips to ensure a secure and enjoyable spring for everyone. For MetroWest Public Safety, our goal is to promote a safe and healthy community. By following these spring safety tips, you can enjoy all the season has to offer while minimizing risks to yourself, your family, and your neighbors. Have a happy and safe spring!



**With spring showers, road conditions can become hazardous. Drive safely by:**

- Checking your vehicle's tire pressure, brakes, and windshield wipers.
- Slowing down on wet roads and increasing your following distance.
- Watching out for cyclists and pedestrians who are more active during spring.
- Avoiding distractions while driving, such as texting or adjusting the GPS.

**To maintain your safety as a pedestrian:**

- Stay visible. Wear bright or reflective clothing, especially at night or in low-light conditions. Carry a flashlight if walking in dark areas.
- Use designated crosswalks. Always cross streets at marked crosswalks or intersections and avoid jaywalking.
- Stay alert. Avoid distractions like texting, using your phone, or listening to music too loudly. Make eye contact with drivers before crossing to ensure they see you.
- Follow traffic signals. Obey pedestrian crossing signals and only cross when indicated. Avoid crossing when the signal is flashing "don't walk" or during red lights.
- Walk on safe paths. Use sidewalks whenever possible; otherwise, walk facing oncoming traffic and stay as far from the road as possible.

**Spring is also a popular time for yard work and outdoor grilling. Prevent fire hazards by:**

- Clearing dry leaves and debris from around your home.
- Using grills and fire pits in open, ventilated areas away from structures and flammable materials.
- Never leaving a fire or grill unattended.
- Ensuring your smoke detectors and fire extinguishers are in working order.



**Spring's increased activity levels can also create opportunities for crime. Protect yourself and your property by:**

- Locking your doors and windows, even when you're home.
- Keeping valuables out of sight in your home and car.
- Staying aware of your surroundings when walking or jogging outdoors.
- Avoiding sharing detailed vacation plans on social media until you return.
- If you see something, say something, report any suspicious activity to Orlando Police Department immediately.

*For more safety resources, visit our website at [www.metrowestcommunity.com](http://www.metrowestcommunity.com) or follow MetroWest Public Safety on Facebook at MetroWest Public Safety!*

## Connect with us!

**Like us on Facebook** ([www.facebook.com/MetroWestMasterAssociation](http://www.facebook.com/MetroWestMasterAssociation)) to ensure that you don't miss any MetroWest community news. Also, scan the QR code for our website. It provides a wide range of timely news and updates about MetroWest, including events, business, community stories and more.



# Plan Your Valentine's Day Dinner at a MetroWest Restaurant



*Valentine's Day is almost here and it falls on a Friday this year. If you're planning a Valentine's Day dinner, MetroWest offers wide variety of restaurants from which to choose, including the following:*

## **A Brasileira**

2417 S. Hiawassee Road  
Orlando, FL 32835  
407-601-5992  
abrasileira.us



## **China Lee**

2338 S. Kirkman Road  
Orlando, FL 32835  
407-522-8798  
chinaleeorlando.com

## **El Toque Restaurant**

6405 Raleigh St.  
Orlando, FL 32835  
407-704-6695  
eltoquerestaurant.com/public/home

## **Florida Tap Room**

6409 Raleigh Street  
Orlando, FL 32835  
407-296-9690  
sdtaproom.com

## **Habibi Kabob Grill**

2451 S. Hiawassee Road  
Orlando, FL 32835  
407-802-4242  
habibilg.com

## **Josie's Pizza and Wings**

1225 S. Hiawassee Road  
Orlando, FL 32835  
407-296-4009  
josiespizza.com

## **LaGranja Metrowest Shoppes Orlando**

3120 S Kirkman Road Suite M &N  
Orlando, FL 32835  
lagranjarestaurants.com/en

## **Mikado Sushi Lounge**

6417 Raleigh Street  
Orlando, FL 32835  
407-822-1080  
mikadosushigrill.com

## **Musashi Sushi Lounge**

7065 Westpointe Blvd Ste 100  
Orlando, FL 32835  
407-440-4964



## **Negril Jamaican Restaurant**

2254 S Kirkman Rd.  
Orlando, FL 32835  
407-845-0012  
eatnegrils.com

## **Sea-San Sushi Bar**

3120 S. Kirkman Road  
Orlando, FL 32811  
407-233-4472  
seasansushibar.com



## **Silva's America's Brazilian Market**

5920 Metropolis Way  
Orlando, FL 32811  
407-615-3000  
silvasmarket.getsauce.com

## **Stonington's Seafood**

2316 S. Kirkman Road  
Orlando, FL 32835  
407-522-6339  
stoningtonsseafood.com

## **Teak Bar and Grill**

6400 Time Square Avenue, Suite A  
Orlando, FL 32835  
407-313-5111  
www.teakorlando.com

## **The Juicy Crab**

2258 S. Kirkman Road  
Orlando, FL 32811  
407-250-4571  
thejuicycrab.com/restaurant  
/kirkman-orlando-fl

*For a complete list of restaurants in the neighborhood, visit [metrowestcommunity.com/businesses/metrowest-businesses](http://metrowestcommunity.com/businesses/metrowest-businesses).*



# MetroWest

2121 S. Hiawassee Rd., Suite 132  
Orlando, FL 32835 USA

## MWMA Offices Moving March 1

After 10 years in its current location, the MetroWest Master Association office will move to 2145 MetroCenter Blvd., Suite 110 as of March 1.

“This new location features ample parking and will allow MetroWest residents to have easier access to the MWMA office,” said Julie Sanchez, MWMA General Manager.

The new office space includes a spacious conference room, with a large television and WiFi, that will be available for reservation during the day as well as after business hours. A four-person huddle conference room for smaller, more intimate meetings also will be available. Call (407) 601-5995 or email [mwma.admin@cfl.rr.com](mailto:mwma.admin@cfl.rr.com) for more information.



## MetroWest Village Station Businesses Remain Open During Publix Renovation

While MetroWest residents eagerly look forward to the reopening of the Publix in MetroWest Village Station, let's not forget about the other businesses in the plaza that have remained open during the Publix renovation. MetroWest Village Station tenants that are open to serve you include:



**Date Un Gusto**

**Kome Chinese and Sushi Bar**

**D' Pet Grooming**

**MetroWest Veterinary Clinic**

**A Brasileira Steakhouse**

**Ocean Day Spa and Massage**

**Dennis Uniforms**

**American Pacific Mortgage**

**Hiawassee Wine and Liquor**

**Noire the Nail Bar**

**Singh's Jewelry**

**Brooks Rehabilitation**

**Low Fume Smoke Shop**

**Pet Supermarket**

**Habibi Fine Lebanese Cuisine**

**Golden Touch Drycleaner**

**Cupcabana Gourmet**

**Marco's Pizza**

**Legend Martial Arts**

**Suzuki Salon**

**Yami Buffet**