

**Business Pulse**



**Certified lifestyle coach Myra Jackson has a new business focused on promoting individual health and wellness. If you're eager to feel better about yourself, she can be reached at (931) 273-5802.**

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All of this may be overexplaining Jeanette's services which are designed to relieve pain. Her treatments are more aligned with physical therapy than traditional massage.

Jeanette is available by appointment only Monday thru Friday before 4 p.m. She offers extended hours until 7 p.m. on Tuesdays only. She's located at 122 East Main Street and can be reached at (931) 212-4584.

**GET FIT WITH MYRA**

I'm going to stick with the wellness theme of today's column and tell you about a great, new business started by soccer enthusiast Myra Jackson.

With a BS degree in psychology, a previous behavioral consultant and now a certified lifestyle coach, Myra has recently opened a business. Mind Your Peas and Carrots: Living Well with Myra is a business

focused on helping individuals with their health and wellness.

"This is a journey and a lifestyle we'll do together," said Myra. "No more fad diets, starving yourself, buying expensive plans and foods, forcing yourself to exercise or denying yourself yummy foods. Say goodbye to that way of life when you embrace the Trim Healthy Plan. This is a sustainable way of life, not a restrictive diet. It's so hard in today's culture to avoid the quick-fix diets because there is always a new fad. This doesn't cut out any food groups. It's inclusive of all foods so it's reliable and sustainable for people in the long term."

Myra offers classes, a six-week start up program, one-on-one coaching and help with meal planning. She is offering a free introductory class at her home at 138 Club Drive on Aug. 19 at 2 p.m. Because it's in her home, Myra says space will be limited so call or text to reserve your spot.

"I want others to find a

path to a healthy and an active life," said Myra. "The best way to do that is through accountability and support. My specialty is setting up a specific program that fits your needs and lifestyle." For more information you can call Myra at 931-273-5802 or 2myrajackson@gmail.com.

**DRAGON'S LAIR FINDS NEW CASTLE**

It was three months ago when Garner Loudermilk opened Dragon's Lair in the basement of Plaza Shopping Center. It didn't take long before Garner realized the dragon needed to discover a new kingdom.

"People couldn't find me downstairs," said Garner. "I'd tell them we're located downstairs at Plaza Shopping Center and so many people don't realize there even is a downstairs. So this location is so much better. We're two doors down from Fiesta Ranchero so everyone knows where that is."

Garner has some additions on the way, most notably he will begin getting weekly comic book deliveries in August. He's also an authorized distributor of Warhammer.

Dragon's Lair continues to specialize in wizard games such as Magic the Gathering, Pokemon, and Yu-Gi-Oh!

Tournaments are held on a regular basis.

"My idea is to give kids a chance to interact and talk with each other face to face," said Garner. "It gets them away from the screen of a video game. This is a safe environment for kids to come and play. We have drinks and snacks."

Garner said wizard-based games have become popular with people of all ages and he has personally known people to play from as young as age 8 to as old as 64.

"Magic has been out for 25 years so it's become a generational thing," said Garner. "There are some fathers who played and they're now teaching their sons. It's a great way to socialize."

Garner is certainly familiar with these types of games. He has operated two different comic/game stores in McMinnville and one in Cookeville.

"I love it here and we're finally getting some foot traffic," said Garner.

Dragon's Lair is open seven days a week. The phone number is appropriately 507-LAIR.

**THAT'S ALL FOLKS**

I'm looking for business news to heat up with the days of summer. Give me a call on the business "hotline" at 473-2191. If it's a business emergency, email editor@southernstandard.com.

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