

## Business Spotlight

### Healing treatments on Main Street

With over 15 years of experience in professionally caring for people, Leah Lyons is the owner of Renew + Restore Healthcare. Her clinic is a unique blend of results driven treatments to decrease pain and swelling and increase quality of life.

Lyons is a former event specialist for Marriott International and was the Vice President of Communications for the Event Planners Association. She was involved in high-end celebrity projects working alongside worldwide superstars. Through all of her rewarding experiences, she suffered through back pain, migraines and anxiety from trying to hide the discomfort. Prescription medications did not help, so she sought to follow her own path, discovering effective treatments and healed herself. After seeking out these treatments at various locations, Lyons felt destined to share this combination of therapies conveniently in one location. She returned to school, became licensed, certified and trained in a variety of traditional and alternative holistic health care methods.

With a new location on Main Street, upstairs in the historic Pleasanton Hotel building, Renew + Restore specializes in pain management, manual lymphatic drainage therapy, lymphatic massage therapy, myofascial massage therapy, cupping treatments, restorative yoga and reiki mediation.

Lyons is an advocate for lymphatic healthcare and is a board member of Lymph Rehab, a non-profit organization that elevates the education of the lymphatic system.

Traditionally, manual lymphatic drainage therapy (MLD) was reserved for those with a compro-



Renew + Restore Healthcare is located at 855 Main Street Suite #201 in downtown Pleasanton.



Leah Lyons

mised lymphatic system: swelling in the body, lymphedema, have had lymph nodes removed due to cancer, and doctors refer post-op patients for MLD to reduce infection after surgery.

Because MLD is gentle, has many benefits, and feels similar to a massage, lymphatic massage therapy has become popular in serving all populations from athletes to elders. Benefits include a decrease in bloating, assisting with digestive issues such as constipation, a decrease in PMS symptoms, an increase in circulation and improvement of range of motion. "The lymphatic system is the body's sewage system; a sluggish lymphatic system can be the culprit of many ailments," said Lyons. She also teaches a lymphatic healthcare workshop.



Learn more about Renew + Restore Healthcare at [www.renewrestore.net](http://www.renewrestore.net) or call/text 925-336-3166

## Membership Anniversaries



During the past four months, more than 160 businesses renewed their investment in the Chamber, thereby demonstrating their continued commitment to community excellence while realizing the benefits, services and representation associated with membership in Pleasanton's leading business organization.

We recommend that you look first to Chamber members for your business and consumer needs.

#### 59 years

Der Manouel Insurance Group, A Division of HUB International

#### 51 years

Alameda County Fair Association  
Pleasanton Ready Mix Concrete, Inc.

#### 47 years

Gay Nineties Pizza Company  
Can Am Plumbing, Inc.

#### 40-44 years

Precision Auto Repair, Inc.  
Brad Hirst  
Livermore-Amador Symphony  
Randick O'Dea & Tooliatos, LLP

#### 35-39 years

Hacienda  
Independent Newspaper and Magazine, The  
Ross Property Management Inc.  
JHS CPAs, LLP  
DoubleTree by Hilton Pleasanton at The Club  
Hacienda Child Development Center and School  
Pleasanton Tulancingo Sister City Association  
Jan Batcheller  
Pleasanton Partnerships in Education Foundation

#### 30-34 years

Yorkshire Roofing of Northern California Inc.  
Silmar Flooring  
MGR Assets Inc.  
Strizzi's Restaurants  
Culligan Water Conditioning  
Heritage Valley Mortgage, Inc.  
Michelotti, Sharrell  
Robert A. Tucknott, CFLC, CPE

#### 25-29 years

Costco Wholesale  
Craig Property Management  
Vic's All Star Kitchen  
Gowey, John M., D.D.S.  
Shrine Event Center  
Van Sloten & Laranang CPAs, PC  
Giles Studio Inc.  
ENT Networks Inc.  
Barons Jewelers  
Fremont Bank  
Westamerica Bank

#### 20-24 years

United Business Bank  
Faith Chapel Assembly of God  
O'Neill & Associates  
Door Doctor, The  
Diversified Mortgage Group  
RAS Construction, Inc.  
Residence Inn by Marriott Pleasanton  
Earl Anthony's Dublin Bowl  
Hap's Original  
Pleasanton Weekly  
Alexandria's Flowers  
Lawrence Mui-State Farm Insurance  
Fine Pueblo Pottery  
Marketing Solutions Group  
Joe's Taekwon-Do  
Biletnikoff Foundation, The  
Visit Tri-Valley  
De Pretis Certified Public Accountants  
Mohseni Real Estate Group at Compass

#### 15-19 years

Heritage Bank of Commerce  
Bratrude, Paul CPA  
Oilpress!  
Horizon Wealth Solutions  
Dote, Tom - Farmers Insurance Group  
Pleasanton Golf Center  
Service Champions Heating & Air  
Haskett Law Firm, P.C.  
Window-ology  
Heritage Estates  
Livermore Valley Performing Arts Center/Bankhead Theater  
Process Metrix, LLC  
Bregante + Company LLP  
Ng, John & Daisy, Coldwell Banker Real Estate  
LPL Financial  
From The Heart Home Care  
Wente Vineyards  
Diablo Prosthetics & Orthotics, Inc.

#### 10-14 years

Body Balance Fitness & Massage, Inc.  
KCommons, Executive Homes  
The Franchise Consulting Company /  
Steve Taylor Independent Consultant  
Chevron Corporation

#### Cornerstone Fellowship

StopWaste  
Leslie Wolf - State Farm Insurance  
Pease Tax & Accounting Services, Inc.  
Dahlin Group, Inc.  
Martin, Warden & Eissner Financial Group  
Alliance Campaign Strategies  
Networking Plus  
A.J. Amstrup, State Farm Insurance  
Altamont Corridor Express (ACE)  
Outer Visions Landscape Design  
LegalShield  
Pacificwide Lending  
Karlsson & Lane, An Accountancy Corporation  
Narum, Kathy  
Duman Associates Custom Components and Marketing

#### 5-9 years

Wall and Ceiling Alliance  
Pleasanton Girls Softball League  
Pleasanton Gateway Shopping Center  
Baird Orthodontics  
Rancho Grande Taqueria #2  
Primrose School of Pleasanton  
Mirador Capital Partners  
John Muir Health Outpatient & Urgent Care Center  
Ritter Investments, LLC  
Venema Homes Team  
QASource  
Patriot Pest Management  
Towne Center Books  
Fulcrum BioEnergy, Inc.  
Pleasanton Diagnostic Imaging  
Go Green Initiative  
Inklings Coffee & Tea  
Chick-fil-A  
Profit Minds, LLC  
Addiction Treatment Alternatives, LLC (ATA)  
Spectrum Community Services  
Morgan Stanley - Shawn Henley-Senior Vice President, Wealth Advisor  
Bob Silva  
PCJ Real Estate Advisors, LLC  
The Kepler Group, LTD

#### 1-4 years

JB1 Insurance Services  
WiZiX Technology Group, Inc.  
SideTrack Bar + Grill  
BB the Web, LLC.  
Porky's Pizza Palace  
Nina Pomeroy Photography  
GeoJango Maps  
Nate Miley, Supervisor  
Family Matters  
The Errigo Group  
Cemex  
TeamLogic IT of Pleasanton  
North Point Construction and Restoration, Inc.  
Sultans Kebab  
Curtis Fleming - Farmers Insurance  
The DeSilva Group  
Investment Real Estate Company  
Hospice East Bay  
Ogden Costa Creative Group  
Pastas Trattoria  
Merchant Advocate  
Girls Soccer Worldwide  
Geico Local Office Pleasanton  
Driver Cognitive Assessment Center (DCAC)  
Shepherd's Gate  
Baker Financial Consulting, LLC  
Futures Academy  
De La Torre's Trattoria  
St. John Manor  
Paris Baguette - Pleasanton  
St. Mary & St. John Coptic Orthodox Church  
Dive N Trips  
Huebner CPA, Inc.  
Simpson Strong-Tie Company, Inc  
Superfly Wheels, Inc.  
Chabot-Las Positas Community College District  
Elation Real Estate  
Hi-Five Sports Clubs, Tri-Valley  
Alameda County Assessor's Office: Phong La  
LTD Global, LLC  
East Bay Community Energy  
Derby Skating Association LLC  
Pensionmark  
Ooma Inc  
Grand Canyon University  
Armario Homes  
Lucky Stores Inc.  
Ham Family Law, P.C.  
Affinity Resources EBB, LLC

## Ribbon Cuttings



Creating new jobs, stronger economy



[www.armariohomes.com](http://www.armariohomes.com)

**Armario Homes Luxury Real Estate** — DeAnna Armario began her Real Estate career 19 years ago with an entrepreneurial drive. Over the years, she has grown her team in the heart of Downtown Pleasanton. She currently runs a large team of 10 professionals. Armario Homes agents have all been hand-selected and specialize in both buying and selling homes in the Tri-Valley. Their expertise extends across the Bay Area. However, key communities the team serves include: Pleasanton, Livermore, Dublin, San Ramon, Fremont and beyond. USA Today recently featured DeAnna Armario as a Top Real Estate Expert. In the piece titled, "Top 10 Real Estate Experts to Follow in 2022," DeAnna is at the top of their list. DeAnna's devotion to Pleasanton and the greater Tri-Valley community is evident as you read through the client testimonials. The team had an extremely successful year in 2021, receiving multiple awards and recognitions. Armario Homes was named a Leading 100 Team in the Bay Area. In addition, DeAnna ranked in the Top 1% of agents in KW Northern California region. Above all, Armario Homes has now successfully assisted over 900 families with their real estate needs.