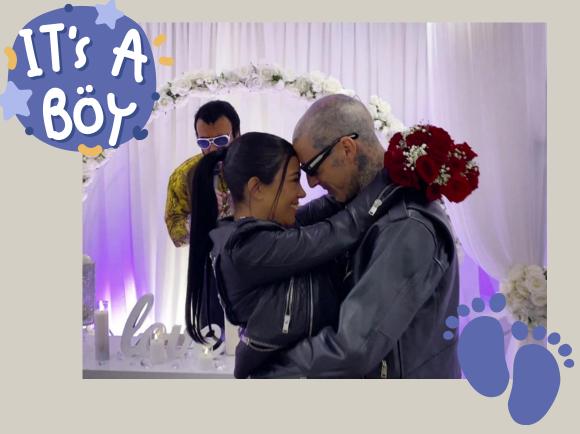
## HERMAL GAZETTE

NEW

**EDITION 5** 

10TH, NOV, 2023 ● DEL VAL REALTY



Everybody's favorite Kardashian, Kourtney & Travis Barker welcomed their first child together November 3rd! A Baby Boy named Rocky Thirteen Barker.



### 'FRIENDS' STAR MATTHEW PERRY, DEAD AT 54.

Perry was found at home in his hot tub, an investigation into his death is still ongoing.



**AP News Reports.** 

## GATOR WRESTLING WITH ALEX DUSEWICZ

Alex taking on the 'reel' challenge in a gator showdown - no gators were harmed in the making of this match!



#### NO PLANS FOR YOUR WEEKEND?

Consider visiting **Linvilla Orchards** with your family or solo! Enjoy the fall food and fetivities.

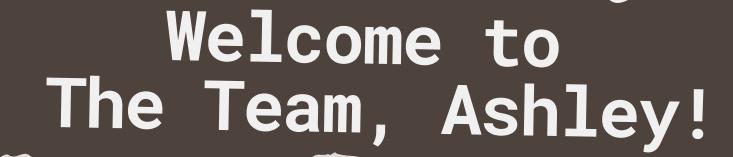


# NEWSLETTER

Five Star Reviews

Congratulations to Chrystele,
Kevin & Johnny - They all
received 5 Star Google
Reviews in October. Lets all
continue to drive the Del Val
Mission forward!







## Quote of The Day!

"Success is a journey we take together, fueled by collaboration and commitment."



# Preparing for The New Year!

As we approach the new year, we have an exciting update to share with you. Starting in the upcoming year, Del Val Realty will be separating our billing from our sister company, Del Val Maintenance. This strategic move is aimed at streamlining your financial statements and enhancing clarity in your accounts. By keeping maintenance billing separate from owner draws, we aim to provide you with more transparent and straightforward account statements. We believe this change will contribute to a smoother and more comprehensible financial experience for you. As always, we appreciate your trust in Del Val Realty, and we look forward to continuing to provide you with excellent service.

Read More On

www.Delvalproperty.com

DIRECTORS, HILTON

# HEAD























Photos by Alex & Cha'ron

# FITALESS

#### **HEALTH & FITNESS WITH KEV**

**ISSUE 5** | 11/10/2023



## YOGA BENEFITS

### **INCREASED STRENGTH**

Many yoga poses require the engagement of various muscle groups, contributing to enhanced overall strength.

### STRESS REDUCTION

Yoga incorporates
mindfulness and deep
breathing techniques that
promote relaxation,
reducing stress levels and
promoting mental wellbeing

### **HOW TO MASTER YOGA?**

You must move with the right speed and with the right posture. Your focus should be moving the joint as little as possible as you stretch the muscle. Human nature is to take the path of least resistance, which makes us feel flexible and comfortable.

### BETTER SLEEP

The relaxation and mindfulness aspects of yoga can contribute to improved sleep quality and may be beneficial for individuals with insomnia or other sleep disorders.