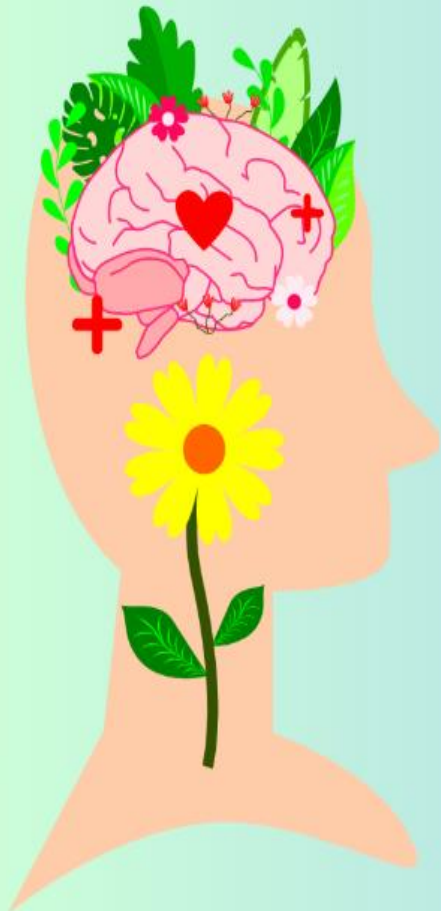


JANUARY 2025

In & Around TRUIST PLAZA



WELCOME

BACK

WELLNESS FAIR

TUESDAY, JANUARY 7TH

11AM - 2PM

ATRIUM LOBBY IN THE GARDENS



**PRIORITIZE YOUR MENTAL & PHYSICAL HEALTH WITH
INSPIRATION FROM OUR WELCOME BACK WELLNESS FAIR!**

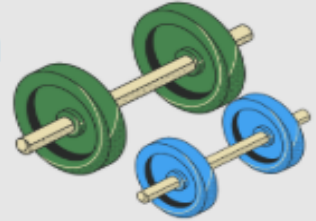
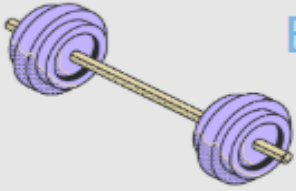
CHIROPRACTIC - FITNESS - TRUST DENTAL - HEALTHY GIVEAWAYS + RAFFLE

TRUIST PLAZA

FITNESS CLASSES ARE BACK

Every Wednesday from 12pm-1pm

Reserve NOW at
[Building Events - Truist Plaza](#)



Truist Plaza and Gardens Buildings & Management Offices **CLOSED** on **January 20th** in recognition of Martin Luther King Jr's Day. Tenants may use their access card for entry. Should you have an emergency, please contact security directly at 404-223-1070 for Truist Plaza, or at 404-586-0666 for Truist Plaza Garden Offices.



CELEBRATE LUNAR NEW YEAR

"Year of the Snake"

January 29th

Truist Plaza Food Court

11am - 1pm

*Spirit Animal Quizzes, Fortune
cookies, & MORE*



Ask
Frederick
Happy New Year!

2025



Dear Frederick,
I am terrible about sticking to
New Year's Resolutions. What
advice do you have for someone
who wants to achieve their goals
but is also easily side-tracked?

Caw! I love a good reset button. My answer to you would be to FOCUS! Keep your eyes on the goal, like I do when I spot my prey from miles away. Don't let distractions or setbacks take you off course. Strengthen your wings through persistence and practice, and when the wind gets rough, use it to soar higher. Remember – every successful hunt is the result of patience, precision, and steady effort – just like achieving your goals.

Have a question for Frederick? Submit here tpcs@portmanholdings.com :

Prevent
Slip &
Falls:

DO THE PENGUIN WALK



1. Keep your knees relaxed
2. Point your toes out
3. Take short steps
4. Walk slowly

When it gets icy and cold:

Always keep your hands free and outside of your pockets.

EAT LOCAL. SHOP LOCAL.

RETAIL SHOPS & SERVICES

OPERATING DAYS

OPERATING HOURS

Burgers & Friends	Mon-Fri	10AM-3PM
Big Kahuna	Mon-Fri; Sat	11:30AM-9PM; 4-9PM
Champion Auto Detailing	Tues-Wed	8:30AM-4PM
Dunkin Donuts	Mon-Fri	7AM-1PM
Flaky Not Flaky	Mon-Fri	7AM-3PM
Fooda	Mon-Thurs	11:30AM-1:30PM
Garden Deli	Mon-Fri	8AM-3PM
Morton's The Steakhouse	Mon-Sun	4PM-9PM
Nick's Executive Shine	Mon-Fri	7AM-3PM
Pacific Rim Bistro	Mon-Fri; Sat	11:30AM-2PM, 5-9PM
Touch of Motherly Love (Dry Cleaners)	Mon-Fri	10AM-4PM
Tower Lobby	Mon-Fri	8AM - 3PM

COMING SOON:



***CURRY BOWL
INDIAN
RESTAURANT***

OPENING MARCH 2025

From the Top

Do you follow?

You can find Truist Plaza on social media! Stay up to date on happenings around the building, including Truist Plaza eateries promotions.

Click the following links to view Truist Plaza's social media pages: [Twitter](#), [Instagram](#) and [Facebook](#).



FAST FACTS:

- January is the COLDEST month of the year....don't forget your jacket!
- The birthstone for January is **GARNET**...thought to keep the wearer safe during travel.
- Elvis Presley would have been 90 years old on January 8th.
- Tis' the month for citrus fruits – oranges, grapefruit, and tangerines are all in season!
- Falcons last regular-season game of the season will be at home vs. the Carolina Panthers on Jan. 5th.

Meet Sarah Heft: Truist Plaza's Newest Property Manager



Born and raised just outside the City, Sarah is a fan of all things Atlanta including The Braves, The Varsity, and biking The Beltline! She earned her BBA from the University of Mississippi and holds her Real Estate License in the state of Georgia.

Prior to joining Portman, Sarah was an Assistant Property Manager at Stream Realty for three years where she oversaw a variety of product type including retail, 1 million SF of industrial, and multiple Class-A office buildings. In her free time, Sarah enjoys listening to music, shopping, and traveling. Sarah is active in BOMA and is currently pursuing her Real Property Administrator (RPA) designation.

She started at the building in mid-December and is looking forward to meeting everyone!

Contact Info:
Sheft@PortmanHoldings.com
Office: 404-614-5419



JANUARY HOLIDAYS

DECEMBER 25, 2024 –
JANUARY 2, 2025
Hanukkah

JANUARY 1, 2025
New Year's Day
Management Office
Closed

JANUARY 20, 2025
Martin Luther King Jr.
Day
Management Office
Closed