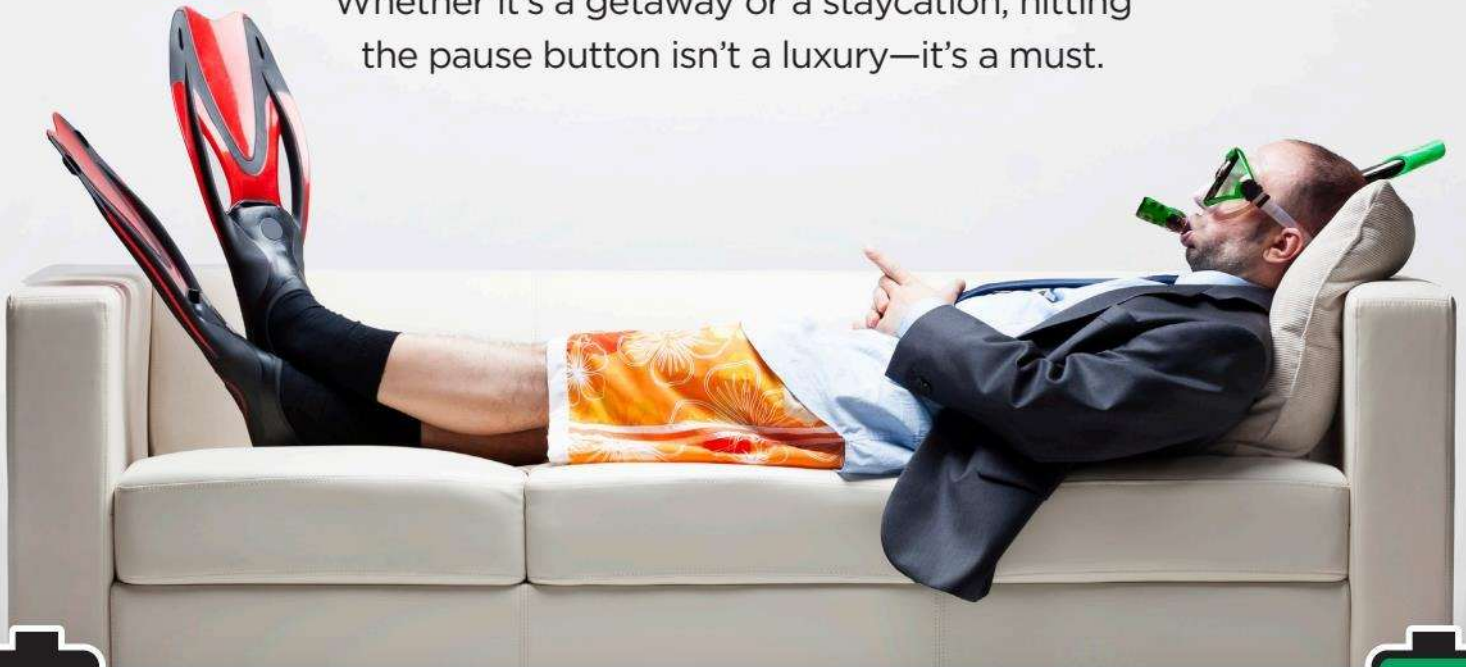


# Rest and Recharge *this Summer*

Have you been running nonstop this year? Whether it's a getaway or a staycation, hitting the pause button isn't a luxury—it's a must.



## When we don't recharge

Stress and burnout increase.

Fatigue/lack of quality sleep.

Impaired problem-solving.

## Benefits of time off

Focus and efficiency improve.

Deeper and more restorative sleep.

Enhanced cognitive abilities and creativity.



## Start planning

**A**ssess → **B**udget → **C**heck

Check schedules for the best time off.

Set spending limits and consider staycations or travel deals.

Explore destinations, best travel times, and special offers.

[wanderlog.com](http://wanderlog.com) | [tripit.com](http://tripit.com) | [skyscanner.com](http://skyscanner.com) | [alltrails.com](http://alltrails.com) | [thepointsguy.com](http://thepointsguy.com)



**Chad Nall -**  
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Broker / Owner



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

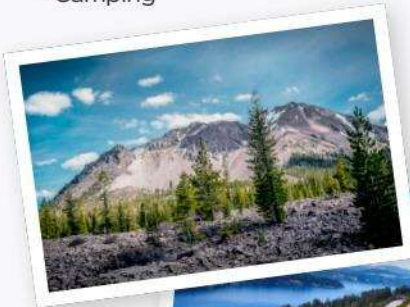


# Hit the Road *this Summer*

The U.S. has something for everyone — beautiful parks, museums, cultural attractions, great food and much more.

## Lassen Volcanic National Park, Mineral, CA

- Hydrothermal areas
- Hiking
- Camping

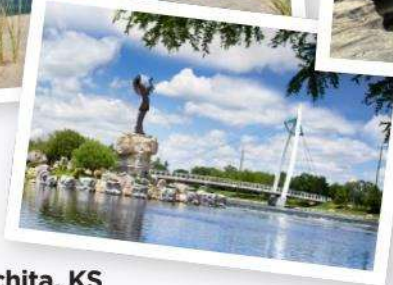
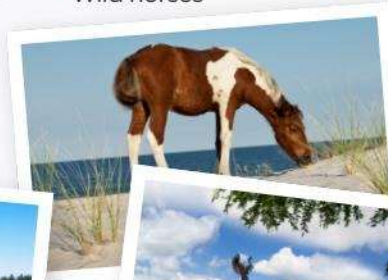


## Coeur d'Alene, ID

- Resort Golf Course
- Camping
- Boating and fishing

## Assateague Island National Seashore, MD/VA

- Sandy beaches
- Maritime forests
- Wild horses



## Wichita, KS

- Museums
- Sedgwick County Zoo
- Great Plains Nature Center

## Michigan's Upper Peninsula

- Swimming
- Hiking
- Mackinac Island



## Northeast Georgia Mountains

- Small-town charm
- Waterfalls
- Historic sites

Enjoy your adventures! And if you find your dream home along the way, I can put you in touch with a professional real estate agent from my network across North America.

SOURCES: 1. Georgiamountains.org 2. nps.gov/lavo/planyourvisit/exploring-the-hydrothermal-areas.htm 3. assateagueisland.com 4. Mackinacisland.org 5. Visitwichita.com 6. coeurdalene.org/play/outdoor-activities/

## Our Newest Listing

This charming home is located in the highly sought-after Northwest neighborhood of Silverbrook on a prime corner lot. With low-maintenance, 4-sided brick construction, this home has been well-maintained. The spacious open floor plan showcases wood laminate flooring throughout the living areas on the main level, creating a warm and inviting atmosphere. Ready for its new owner, this home is sure to impress-schedule your showing today!

### SILVERBROOK

9458 Sycamore Brook  
San Antonio, Texas 78254

**\$ 305,000**

- 3 Bedrooms | 2.5 Bath
- 2,195 Sq. Ft.
- New Roof and HVAC system (Within last 5 years)
- Game Room
- Island Kitchen with Stainless Appliances
- Close to Loop 1604, La Cantera, more entertainment.

