

Ponte Vedra Wellness Center owner thankful for community support after expanding business to Nocatee

By Jon Blauvelt

More than a year after Ponte Vedra Wellness Center opened its second location in Nocatee, founder and practice owner Dr. Erika Hamer is confident her business is succeeding there because of support from the community, and it's her mission now to pay it forward.

"Without people in the community, without our patients, without everybody being so welcoming and allowing me to be part of the community, I wouldn't be here," said Hamer, whose office is located within the Nocatee Town Center next to Watson Realty. "I want to do something to give back. It's about being able to serve others."

Opened in February 2016, the Nocatee office offers the community all the same services as the center's Ponte Vedra Beach location, including chiropractic adjustments, spinal decompression, physical therapy and rehab services, personal training and nutrition counseling, therapeutic massage and community health events. Hamer said her team has worked over the past year, however, to understand the specific interests and needs of the Nocatee community and tailor its offerings accordingly.

Many of their patients, she said, are active individuals over 65 who are inhibited by conditions such as herniated discs and are seeking therapy to resume their active lifestyles. As a result, Hamer said her team is focusing their services and several of their events on how to stay active without incurring injury. For example, she plans to hold more free stretching classes over the next year.

"There are a lot of fitness facilities within Del Webb and the Nocatee fitness center," said Hamer, who added that the center also sees many families. "We want to make sure they're able to utilize those facilities to the fullest ability."

To thank these new patients for contributing to the office's first year of business, the wellness center is hosting a one-year anniversary party and wellness event March 23 from 4 to 6:30 p.m. The free, family-friendly event will feature fitness demonstrations and chair massages as well as highlight the wellness center's offerings. The event will also highlight nearby Nocatee Town Center businesses to showcase their services, which is extremely important to Hamer.

"If we bring in other business partners, we're also helping small business own-

ers," said Hamer, who also emphasizes the importance of participating in community wide events like the Nocatee Farmers Market. "And I think that's a major part of what a community stands for."

Participating businesses will include Blue Water Dental, Coastal Wine Market, Ponte Vedra Pediatric Dentistry & Orthodontics, State Farm Insurance, Trompe L'oeil Luxury Hair Salon, Watson Realty Corp. and Wise Women Gynecology.

In addition to the event, the wellness center's Nocatee location is extending two special anniversary offers. For new patients, the practice is offering an initial visit, consisting of an exam, treatment recommendations and a half hour fitness assessment, for \$49. The wellness center is also offering current patients two personal fitness training sessions for the same price.

Overall, Hamer is working hard to integrate the wellness center into the Nocatee neighborhood and is looking forward to serving more patients within the community.

"The first year has been great," she said. "It's been wonderful to be in the Nocatee community and to really grow as the community grows."



Dr. Casey Means and Dr. Erika Hamer of Ponte Vedra Wellness Center stand outside of their Nocatee office, which recently eclipsed one year of business.



Photos courtesy of Ponte Vedra Wellness Center
Ponte Vedra Wellness Center's Nocatee office

MOVERS & SHAKERS



Photo courtesy of FOMA
Dr. Ronald J. Renuart was recently elected president of the Florida Osteopathic Medical Association (FOMA).

Florida Osteopathic Medical Association elects Renuart president

Ponte Vedra Beach resident Dr. Ronald J. Renuart was elected president of the Florida Osteopathic Medical Association (FOMA) at the organization's 2017 Annual Convention Feb. 22-26 in Weston.

A fellow of the American College of Physicians and former chief of staff at Baptist Medical Center in Jacksonville Beach, Renuart has served on FOMA's execu-

utive board and board of trustees and as a delegate to the American Osteopathic Association (AOA). As a colonel in the Florida Army National Guard, he served three combat tours, including service in Iraq and Afghanistan. He served for six years as the chief medical officer for the National Guard and retired after 20 years of decorated

service.

In 2005, he was appointed to the Florida Medicaid Pharmaceutical and Therapeutics Committee by Governor Jeb Bush and elected to the Florida House of Representatives in 2008. He was the chairman of the Veterans and Military Affairs Committee, vice chair of the Health & Human Services Committee and the K-12 Education Subcommittee.

In his tenure in the House, Renuart authored landmark legislation pertaining to concussions in youth athletics, prostate cancer research, the Florida GI Bill and the craft distillery industry.

HarborChase of Jacksonville receives 2017 Customer Experience Award

HarborChase of Jacksonville recently announced that the company is the recipient of Pinnacle Quality Insight's 2017 Customer Experience Award.

The local assisted living and memory care community qualified for the award in the categories of "Recommend to Others" and "Variety of Food/Menu Choices," for its customized menu designed and developed by Harbor Retirement Associates (HRA) chefs.

Freedom Boat Club welcomes new dock manager

Freedom Boat Club recently named Jordan McKenna as a new dock manager.

A senior at Flagler College studying business administration and management information systems, McKenna will be responsible for assisting members as they embark and disembark from the boats, maintaining the cleanliness of boats and assisting with other daily tasks at Camanche Cove Marina in St. Augustine.

Jimerson & Cobb named to Gator100

Jacksonville-based law firm Jimerson & Cobb was named to the University of Florida's 2017 Gator100 during an on-campus ceremony Feb. 10.

Sponsored by the UF Alumni Association, in partnership with the UF Entrepreneurship & Innovation Center, the Gator100 honors the 100 fastest-growing businesses owned or led by UF alumni.

Jimerson & Cobb is one of only four law firms to make the list, coming in at No. 37 in the rankings.