

# THE edge Business Spotlight CONNECTION

## Trilogy Massage

Trilogy Massage is a massage therapy practice that specializes in NeuroMuscular Massages, Orthopedic Massages, Deep Tissue and Swedish Massages, chair massages, Reflexology and Spa. Trilogy Massage works on healing the mind, body, and spirit. Massage works the muscles, gets the blood flowing, and releases all affecting the mind, the body, and the spirit of the person.

### Contact Trilogy Massage Today!

**Online:** [www.facebook.com/pages/Trilogy-Massage/717678314954728?sk=timeline](https://www.facebook.com/pages/Trilogy-Massage/717678314954728?sk=timeline)

**Phone:** (404) 273-0674

**Email:** [massagemeh@gmail.com](mailto:massagemeh@gmail.com)



### Meet the Owner: Mary Hahn



Several years ago Mary Hahn had a traumatic accident and was severely injured. The effects from the accident were horrid. The nerves in the right side of her face were damaged, causing speech impairment, shaking of the head and migraines. During Mary's healing process, she would see a massage therapist. Mary was not convinced at the time that massage therapy would help her get better, but with the combination of a traditional treatment and massage therapy, her doctors helped her get her speech back on track. The massage therapy also helped with other medical issues she had been experiencing. Mary states, "I then realized the power of massage therapy."

Massage Therapist Mary Hahn has been practicing massage therapy for five years now. She started her business with the support of friends and family. She now has her own building that was generously given to her by a former massage therapist. Additionally, this former therapist paid for the first month's rent and supplied furniture for Mary's new enterprise. Mary is now working on marketing her business. She reaches her customers by networking with other organizations such as the Kennesaw Business Association. She now has a client base that she sees on a regular basis.

Mary states, "I am in business to help people and massage therapy is the avenue in which I can offer help to others. People come to my clinic for 'stress relief', pain in their muscles, multiple sclerosis, fiber myalgia, and some want to just relax. Massage helps in all of these areas and more."

My vision for Trilogy Massage is:

"My vision for Trilogy Massage is to employ additional therapist that offer the same types of services that I do. I would also like to create a product line of essential oils, lotions and sprays that I can sell out of my office.

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## Yummy Spoonfuls

Yummy Spoonfuls is a %100 USDA Certified Organic baby food line prepared from scratch with the finest ingredients and sourced with only the freshest fruits and vegetables. All products are gluten and dairy free with no fillers or preservatives added. Yummy Spoonfuls has three different product lines with 25 distinctive flavorful combinations designed to address each specific developmental stage that children experience.

### Contact Trilogy Massage Today!

**Online:** <http://www.yummyspoonfuls.com/>

**Phone:** 678.464.3103

**Email:** [info@yummyspoonfuls.com](mailto:info@yummyspoonfuls.com)



### Meet the Owner: Agatha Achindu

Nutrition has always been important to Agatha Achindu CEO of Yummy Spoonful's. Before Agatha became a mother of her own, she would go to different hospitals providing parents with healthy eating seminars educating them on how to feed their babies healthy foods. Because Agatha grew up on organic foods, when she had her son, she knew she wanted him to grow up eating healthy as well. So she decided she would prepare his meals at home everyday with fresh produce. She quickly realized how difficult it was to prepare meals for her son every day after a long day of work, so Agatha checked the market for healthy organic baby food. Surprisingly the only thing she found was baby food that had been prepared with a lot of fillers, sugar and salt, preserved and then put out on shelves at a later date for parents to purchase.

Agatha decided to experiment with baby food in her own kitchen. Her friends and family took notice and Agatha became the go to person for fresh baby food. It was then she decided to start her business right in the kitchen of her home. Agatha knew that if she was going to be preparing such a large amount of baby food her kitchen would she would need a larger space where she can cook. She came across The Edge Connection's commercial kitchen and knew that this would be the perfect space. After selling to friends and family, Agatha knew that she wanted to sell to a larger market. She spoke with Whole Foods and the company hopped on the opportunity to sell Agatha's products. You can now find Yummy Spoonful's on the shelves at Whole Foods Grocery stores. Yummy Spoonful's has also been featured on several different networks including CNN and the Today Show. In January of 2009 Yummy Spoonful's was rated #1 Baby Food: Best Taste, Best Overall, Five Stars! In a Cookie magazine readers' panel & 2012 by Martha Steward magazine.

My vision for Yummy Spoonfuls is:

"Yummy Spoonfuls would like to continue to educate consumers about why organic foods are an important source of nutrition for our everyday lives. We want to encourage healthy lifestyles, the support of local businesses and whenever possible, the recycling of materials."