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## Cranberry Mews is Fast-Becoming a Centre of Excellence for Collingwood

~Forward-thinking Tenants Complement Each Other with Quality of Life Offerings That are a Perfect Fit for a Four-Season Active Lifestyle Region~

Collingwood, ON – Cranberry Mews is quickly becoming a place where people can focus on health, fitness and general well-being, thanks to the foresight of its first tenant, Dr. Bowman and the Collingwood Sports Medicine and Rehabilitative Centre.

“Anyone who had been paying attention to the mall as it was developed would have recognized its potential,” says Dr. Bowman, who relocated to Cranberry Mews for its easy ground floor access, ample parking space, high visibility and proximity to the Georgian Trail.

But Dr. Bowman did more than acknowledge it; he encouraged two colleagues to join him at the Mews – medical practitioner Dr. Henry Koo and Sarah Applegarth, owner/operator of Active Life Conditioning – and the resulting synergy between the three is transforming the mall into a unique lifestyle centre of excellence for Collingwood.

“When you get quality businesses like those three as anchors, you can be confident others will follow,” notes Andres Paara, a broker with Lush Realty Inc., which is handling lease agreements for Cranberry Mews. “We keep talking about the fact that we live and work in a four-season lifestyle region and Cranberry Mews is certainly reflecting that.”

Active Life Conditioning is a coach-based training centre for people of all ages and activity levels who want to improve co-ordination and fitness. Clients range from children to senior citizens and from zero athletic ability to Olympians. Some are recovering from injury while others just want to improve their overall movement. Dr. Koo, meanwhile, focuses his practice on hip and knee replacement.

Both businesses welcomed the opportunity to work side-by-side Collingwood Sports Medicine because the services they offer are so complementary. Many of the clients seen at the clinic require surgery and/or therapy. “Not only do we work well together, but we feel really good about the future direction that the plaza is taking,” said Dr. Bowman.

More than half of the retail space available at Cranberry Mews is now leased. Other businesses attracted by the centre's growing focus on health and wellness include Pure Organic Food & Juice Bar, an entirely vegetarian raw food restaurant; The Best You, a personal enhancement centre; and One Tooth Active Wear, a Canadian designer of workout clothing and accessories. They join the Cabin Bistro restaurant, Hasty Market convenience store, Tangles & Whiskers hair salon, Ladies Designer Fashions and Home Zone Clearouts, a home décor retailer.

Remaining retail spaces ranges from 1,333 square feet to a block as large as 5,294 square feet, with prices from \$12 to \$17 per square foot. "The market is dictating what this centre becomes," notes Paara. "And so far improving quality of life is high on the list."

By virtue of its location in Cranberry Village, Cranberry Mews offers tremendous convenience to the occupants of some 3,000 nearby resort and retirement homes, all within walking distance. In addition, more than 18,000 commuter vehicles are estimated to pass by the centre each day.

Cranberry Mews is operated by Foremost Financial Corp., a Toronto-based real estate lender and financier with over 20 years of operating experience. Businesses interested in leasing space in Cranberry Mews should contact Lush Realty by phone at 1-705-444-7653 or 1-800-265-3949, or by e-mail at [info@lushrealty.com](mailto:info@lushrealty.com).

(30)

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