

FRIENDSofOGDEN

Ogden Community Business/Service Directory

Last Updated 11.13.23

Art and Craftsmanship

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood

Automotive

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood

Business and Professional Services

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Cleaning Business	Big Broom Cleaning Services	Commercial and home cleaning.	Erica Payton	N/A	312-547-9456	Ericastarr.co@gmail.com	I will travel to you!
Promotional Marketing	Optimum Promotional Products DBA Optimum is Now	Custom apparel, promotional products, graphic design & printing services	Celica Glowaki	1150 N State Street Ste.303 Chicago 60610	312.573.3500	Celica@optimumisnow.com	Gold Coast

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Construction and Home Improvement

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Organizing	Terc & Company	We create custom organization solutions for your home, office or business to improve functionality and boost productivity. To receive a discount, please mention Ogden when booking your free consultation.	Mandy Terc	N/A	646.456.3129	mandyterc@gmail.com	Chicago and Suburbs

Enrichment & Education

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood

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Food and Beverage

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Sushi Japanese Restaurant	Kuma San Japanese Restaurant	Sushi and Japanese food	Wilasinee Phophakdee	2441 N Clark Street Chicago, IL 60614	312.498.6286	mmona.027@gmail.com	Lincoln Park
Catering and Event planning	Celebrations By Us	Full service catering, event decor and staffing	Shapearl Wells	349 Ashland River Forest, IL 60305	708.526.4546	Celebrationsbyus1@gmail.com	River Forest, IL but we handle all of Chicago & NW Indiana
Sweet Treats	Irma's Perez Tasty Treats	Cheesecake bites, cookies, brownies, brookies, etc.	Irma Perez	1305 W. Erie	773.727.1843	Iroman9@cps.edu	Wicker Park Area

Health and Wellness

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Women's Nutrition and Fitness Studio	Studio Fit Chicago	Studio Fit Chicago is an all-female semi-private training studio at the heart of Chicago in Lincoln Park focusing on fitness, nutrition and accountability.	Reyna Hoerdeman	1011 W. Armitage Ave Fl 2 Chicago, IL 60614	773.819.0012	reyna@studiofitchicago.com	Lincoln Park

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		This boutique fitness studio is run by women who are dedicated to helping you achieve your fitness and nutrition goals with dedication and will.					
Personal Trainer for One on Ones, Groups, and Bootcamps	Train With Tracy	Tracy has over 23 years of experience personal training and coaching bootcamps/group s/one on one Personal Training clients and virtual training. She trains clients with resistance, plyometric, cardiovascular, and flexibility training along with nutrition consulting. She has trained high school to collegiate to Pro athletes, Miss USA contestants, Pro cheerleaders,	Tracy Welk	220 E Illinois St, Chicago, IL 60610	404-401-4376	Tracygramer@gmail.com	Streeterville and surrounding areas

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		entertainers, fitness competitors, and every day folks trying to look and feel their best.					
Salon/spa/waxing	Sugaring NYC	Organic hair removal, lash lifts, brow laminations	Kaylee Wells	1971 N Halsted St Chicago IL 60614	773.992.0507	Kaylee@sugarin gnc.com	Lincoln Park, Wicker Park, South Loop
Massage Therapist	Erica Starr Massage 	Mobile massage therapist Book appointment	Erica Payton	N/A	312-547-9456	Ericastarr.co@g mail.com	I will travel to you!
Medical Clinic	Nurse Now LLC	Healthcare Services School Physicals Biometric Screenings Sick Visits Prescription Refills Primary Care	Kenya Hemingway	1858 W 35th Street Ste B	312-282-4787	Admin@medtacli nic.com	McKinley Park
Beauty Services	Casa Glam Salon	Nails, spa pedicures, wax, hair and spa	Yolanda Andrews	4310 S Archer Ave Chicago IL 60632	773-946-0838	casaglamsalon@ gmail.com	Brighton Park

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Hospitality and Lodging

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood

Media and Entertainment

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Journalist - Adjunct Professor	NBC 5 Chicago	I'm a reporter/ anchor at NBC5 Chicago. I also teach DePaul university students Intro to Journalism in the spring quarter. I have news gathering and communication skills spanning 25 years in a wide scope of topics. I am happy to offer my personal expertise if ever needed. I can also provide small tours at the TV station as we segue out of COVID restrictions.	Natalie Martinez (Gama)	454 N Columbus drive	312-502-4840	Natalie.Martinez @nbc.com	Streeterville

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Real Estate

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Realtor, Real Estate Broker	Katie Andrews	I offer services in helping you sell, buy or rent real estate.	Katie Andrews	N/A	224-543-8466	Katie.andrews@dreamtown.com	Chicago and Suburbs

Shopping & Retail

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Boutique and Handbag Brand	Rebellion Stephanie Wheat	We're a handmade gallery at the 900 N. Michigan Avenue Shops in level 3. We have our signature handbags, jewelry, art work, clothing and accessories.	Stephanie Wheat	900 N. Michigan Avenue Level 3 Chicago, IL 60611	312-545-5566	Rebellionbysteph anie@gmail.com	Gold Coast

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Sports and Recreation

Type of Business	Business Name	Description	Owner	Address	Phone	Email	Neighborhood
Cheerleading	Technique Gems	Competitive cheerleading and tumbling training	Catherine Calloway	7355 S Exchange, Chicago, IL 60649	773-359-2345	Thegemsouthshore@gmail.com	South Shore