



# Women's Business Exchange

wbe-il.com

Service & Membership Directory  
www.wbe-il.com

### Cleaning Services

**Reiki Practitioner-** Certified Level 2  
Year-Round Services For Balancing  
Your Home, Mind And Body

#### **KRYSTAL JOHNSON**

Home to Mind to Body to Balance LLC  
224-580-4014  
hometomindtobodytobalancelc@gmail.com  
www.hometomindtobodytobalancelc.net

### Delicious Food and Gifts

*Easy-to-prepare, clean label, and  
more*

#### **CYNTHIA COBB**

**Tastefully Simple**  
Independent Consultant  
847-650-5024  
busycsquared@aol.com  
www.tastefullysimple.com/web/ccobb  
www.facebook.com/tsbyccobb

### Licensed Massage Therapist

**JULIE A. HARTMAN, LMT**  
**Silver Birch Massage Therapy**

224-577-9384  
silverbirchmt@gmail.com  
www.silverbirchmt.com

### Mortgage Consultant

*"Your Lender for Life" for all your  
residential mortgage needs*

**CAROL PACKO**  
**Sierra Pacific Mortgage**  
License NMLS#231490  
847-265-8074  
Cell: 847-287-8200  
Carol.packo@sPMC.com

### Organization & Move Management

*Organizing does not have to feel  
overwhelming and frustrating!*

#### **PAULA RIPPLE**

**OrganizeWell**  
815-715-0260  
paularipple@organizewell.com  
www.organizewell.com

### Residential Real Estate

*Your "Dream Home Specialist"  
connecting Lake County  
buyers and sellers*

#### **DEBBIE NORTON**

**RE/MAX Showcase**  
Gurnee, IL 60031  
847-757-1903  
deb@DebbiesDreamHomes.com  
www.DebbiesDreamHomes.com

### Technology & Software

*Websites, SEO, Training and more!*

**KIM PENNY**  
**CyberSizzle Media LLC**

224-422-9852  
kim@cybersizzlemedia.com  
https://cybersizzlemedia.com

### Tupperware

*Home Parties, Free Cooking Classes*

#### **RUTH SHIRLEY-STREICHER**

**Tupperware**  
847-322-4351  
burpthelid@gmail.com  
www.ruths.my.tupperware.com

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The Women's Business Exchange was founded in 1988 to help area women promote their businesses in a non-competitive atmosphere and to share experiences with professionals from all walks of life. We invite all interested women to contact any one of the members about category availability and details on membership.

## Service & Membership Directory [www.wbe-il.com](http://www.wbe-il.com)

### **Vineyard & Winery**

*Wine Tastings, Wine Sales, Gift Shop, Vineyard and Winery Tours, Private & Public Events*

#### **DEB TROMBINO**

##### **Vigneto del Bino Inc.**

42150 N. Crawford Rd.

Antioch, IL 60002

847-204-7352

[debtrombino@vignetodelbino.com](mailto:debtrombino@vignetodelbino.com)

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

### **NOTES:**

### **Virtual Assistant Service**

*Administrative and Bookkeeping Support When and Where You Need it Most*

#### **KATHLEEN KOWALCZYK**

##### **Your Flexible Office, LLC**

Virtual Assistant Service

847-548-5949

[kathy@YourFlexibleOffice.com](mailto:kathy@YourFlexibleOffice.com)

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

### **Weight Loss and Wellness**

*I show people the small steps they can take to lose weight and have more energy.*

*If not now...when?*

*It's not a diet, it's a lifestyle.*

#### **CRUZANNE LEWIS**

##### **Healthy Small Steps**

Herbalife Wellness Coach

773-609-2789

[cruz@healthysmallsteps.com](mailto:cruz@healthysmallsteps.com)

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