

# AUSTIN CENTRE NEWSLETTER



January 2026



## Stay in the Know

1/1 – Rent Due! Please make sure to submit your payment timely

1/1 – Management Office Closed – Happy New Year!

1/19 – Management Office Closed – Martin Luther King Day!

We are hosting a tenant breakfast in January, more information to come. Be on the lookout!

### \*\* IMPORTANT REMINDER \*\*

Lockers in the gym locker room are cleared every Friday evening. Any items left behind will be brought to the management office, where they can be picked up during office hours.

## Happy New Year!

Cheers to new beginnings! We're kicking off the year with exciting updates, helpful resources, and inspiring ways to start 2026 strong together!

Whether you have New Year's resolutions or just looking for fun things to do in the Austin Area...

- The Austin Marathon is on 2/15/26. Consider running the 5K, half or full marathon.
- Fareground Yoga every Sunday at 10am [RSVP here](#)



701 BRAZOS STREET, SUITE 380  
512.320.5800

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## New Tenant

Welcome the Paramount...

The Paramount will be moving in this month to the 3<sup>rd</sup> floor. We are looking forward to having them as a tenant.

The Paramount Theater is located at 713 Congress Ave. The space at Austin Centre will be used for their education team to office.

If you see them around say hello and welcome them to the building.

## Building Amenity Spotlight: Mother's Room

We're excited to highlight the Mothers' Room, located on the 1st floor next to the gym. This space offers private rooms for nursing and working moms, providing a comfortable and convenient environment. Inside, you'll find materials available both free of charge and for purchase. If you experience any trouble accessing the room, please let the management team know—we're happy to assist.

Please see below for the Mother's Room Monthly Newsletter



## The Building Team



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Building Engineers:  
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# New Year, *Grounded You*

As we welcome a new year, it's the perfect moment to slow down, reset, and choose habits that support your wellbeing without the pressure of drastic resolutions. These gentle goals are designed to bring more balance, clarity, and care into your daily life as you step into 2026



## Gentle goals and grounding habits to begin 2026 with care:

### **Hydrate With Intention**

Start the morning with a glass of water, keep a bottle nearby throughout the day, and pair hydration with routines like pumping sessions, meetings, or breaks.

### **Protect Your Sleep Window**

Choose one to two “early nights” each week and add a simple wind-down routine—dim the lights, put your phone away, sip something warm, or read a few pages of a book. Small cues help your body shift into rest.

### **Make Movement a Daily Habit**

Set a simple, achievable goal: go for a 30-minute walk or try a new workout class three to four times a week. Whether it's in the morning, during lunch, or after work, consistent movement supports energy, mood, and overall wellbeing.

### **Nourishing Your Mind**

Engage in activities that spark curiosity and bring joy—learn new games like mahjong, join a book club, try a new instrument, or explore a new language. Mental nourishment is just as important as physical health.

### **Seek Support When You Need It**

Whether from your partner, a colleague, or a mental health professional, asking for help is a strength—not a setback.

Check out the Resource Hub for all things Work, Parenthood, & Wellbeing:

[hello@workandsolutions.com](mailto:hello@workandsolutions.com)  
[workandsolutions.com](https://workandsolutions.com)



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