



## FOR LEASE

### OFFICE SPACE

67 Brigham Street, New Bedford, MA  
1,440 SF Medical Office

215 Pleasant Street, Fall River, MA  
4,400 SF Entire 3rd Fl Office Space

398 County Street, New Bedford, MA  
Magnificent Space on 2nd Floor

401 County Street, 2nd Fl, New Bedford, MA  
2,800 SF Downtown Office Space

127 Faunce Corner Road, Dartmouth, MA  
5,000 SF End Cap Storefront Retail/Office

60 Brigham Street, New Bedford, MA  
3,656 SF Medical Office Space, 2nd Fl

899 Pleasant Street, New Bedford, MA  
Up to 3,000 SF Two 2nd Fl Office

81 County Road, Mattapoisett, AM  
Two 1800 SF Units in Windswept Village

### RETAIL SPACE

617,619 Brock Avenue, New Bedford, MA  
Two 750 SF Storefront Units

88 Faunce Corner Mall Road, Dartmouth, MA  
511 SF in Business Park

35 W.Rodney French Blvd -U:1  
2,128 SF Storefront on Busy Rd

340 Front Street, Marion, MA  
1,550 SF Space in High Traffic Area

154 Faunce Corner Rd, Dartmouth, MA  
1,911 SF Plaza off of Route 195

145 Faunce Corner Crossing, Dartmouth MA  
U:2,8, 9 Up to 5,400 SF Space in Busy Plaza

161 Pope's Island, New Bedford, MA  
1,322-2,146 SF Waterfront District

4 Plaza Way, Fairhaven, MA  
14,698 SF Retail/Office Space

32 Howland Road, Fairhaven, MA  
3,784 SF Space on Highly Traveled Road

2031 Purchase Street, New Bedford, MA  
3,200 SF on 1st Floor w/ Parking Lot

67-73 Huttleston Avenue, Fairhaven, MA  
600 SF Plaza on Route 6

331 State Road, Dartmouth, MA  
3,000 SF in Busy Plaza w/ 10 Units

2 Sarah's Way, Fairhaven, MA  
2,600 SF Space in Highly Visible Plaza

### INDUSTRIAL/WAREHOUSE

951 Slade Street, Fall River, MA  
4,650 SF Heated Whse / 450 SF Office

1450 N Main Street, Raynham, MA  
25,360 SF Heated Warehouse Space

401 County Street, New Bedford, MA  
860 SF Detached Storage Garage

Contact Us at  
(508) 990-4280 or Visit Us at  
[www.CoastalCommercialRE.com](http://www.CoastalCommercialRE.com)

## Multifamily Real Estate Investing: Three Strategies for Success

Diversifying your investment portfolio can include adding a variety of different types of commercial real estate properties.

Many investors tend to favor high-end office buildings or retail sector holdings, but there is a case to be made for adding multifamily apartment buildings and condos. As with any type of commercial property, there are a variety of factors to consider when investing in multifamily properties.



### Location, Location, Location

In all commercial real estate investments, location is critical. However, the specifics for multifamily real estate is unique and requires a particular understanding of the tenant profile and the surrounding community. For example, a luxury condo that appeals to empty-nesters and those close to or in retirement can be located outside of the downtown area. However, the downtown area is a key factor to attract the younger, single professional embarking on the first stage of his or her career. Proximity to schools, shopping, parks, open space, and cultural and entertainment areas contributes to high growth areas, which also means higher yield per square foot for newer or renovated buildings. Issues such as safety, crime rate, and even the surrounding neighborhoods all add or detract from the building and should be factored into the purchase.

### Build the Experience and Knowledge

One of the benefits of multifamily investment is the option to start small. Investors new to this type of investment can work with a real estate professional to discuss the options and put together the deal. In most cases, the investor will need a property manager to assume the day-to-day responsibilities and to maximize the occupancy of the building. Starting small and building knowledge and experience allows the investor to learn the ropes and to add larger multifamily investments over time. Having a solid foundation of knowledge helps to determine which of these large investments are financially sound decisions.

### Retaining the Value

Staying current in designs and trends in multifamily buildings is critical. So is ensuring the property is maintained both on the interior as well as on the exterior. Knowing how to manage the budget on the building to produce an income while making improvements and upgrades is an additional skill set building owners need to develop. While a building owner may never directly oversee these upgrades and improvements, knowing what needs to be done to keep a building in top shape is essential. This allows the investor to evaluate the property management company and ensure the building is effectively maintained to protect your investment.



## Net Effective Rent

*A measure of the expected income from a tenant.*

### SOLD

#### RETAIL

400 Bedford St, Abington, MA \$9,700,000  
324-236 N Broadway, E Providence, RI \$423,466  
234-326 N Broadway, E Providence, RI \$126,534  
495 Tiogue Ave, Coventry, RI \$1,850,000  
47 Summer St, Lincoln, RI \$482,000  
672-674 Pleasant St, New Bedford, MA \$250,000  
423 Atwells Ave, Providence, RI \$580,000  
226 E Main St, Fall River, MA \$815,000

#### OFFICE

14-18 Imperial Pl, Providence, RI \$340,000  
1329 Jefferson Blvd, Warwick, RI \$275,000  
1728 Warwick Ave, Warwick, RI \$379,900  
106 Nate Whipple Hwy, Cumberland, RI \$2,915,000  
260 Rice St, Attleboro, MA \$415,000  
210 Williams St, Dighton, MA \$275,000  
384 Acushnet Ave, New Bedford, MA \$1,141,500  
105 Webster St, 1st fl, Hanover, MA \$225,000  
12 Welby Rd, New Bedford, MA \$775,000

#### MULTI-UNIT

280 Court St, Plymouth, MA \$935,000  
77 Fulton St, Woonsocket, RI \$4,875,000  
80 Morgan St, New Bedford, MA \$325,000  
33 Morton St, Fall River, MA \$430,000  
118-126 Kellogg St, Fall River, MA \$450,000  
80-84 Mosher St, New Bedford, MA \$430,000  
282 Sprague St, Fall River, MA \$545,000  
334 Vale St, Fall River, MA \$430,000  
21-25 Buffinton St, Fall River, MA \$605,000  
773-775 Bedford St, Fall River, MA \$570,000  
46 Pitman St, Fall River, MA \$650,000  
292 Smith St, N Attleboro, MA \$660,000  
101 Norton Ave, Easton, MA \$1,500,000  
826 N Montello St, Brockton, MA \$1,201,000  
77 Fulton St, Woonsocket, RI \$4,875,000

#### INDUSTRIAL

1353 Main St, W Warwick, RI \$160,000  
660 School St, Pawtucket, RI \$400,000  
481 Dyer Ave, Cranston, RI \$950,000  
40 John Williams St, Attleboro, MA \$695,000  
1280 Jefferson Blvd, Warwick, RI \$3,100,000  
22 Bristol Dr, Easton, MA \$1,980,000

#### SPECIALTY

99 Old Washington St, Hanover, MA \$799,000  
Hospitality  
10 Keyes Way, W Warwick, RI \$6,150,000

#### LAND

735 Washington St, Attleboro, MA \$205,000

#### WAREHOUSE

420 Washington St, Attleboro, MA \$320,000

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## Boosting Heart Health and Helping Blood Pressure

A balanced diet and good nutrition can have a myriad of health benefits, including helping people who suffer from high blood pressure and heart-related issues.

Peanuts and cashews contain resveratrol, which helps with blood pressure, as well as magnesium, which can assist with blood pressure regulation, and so should be included in our daily diet.

It is also a good idea to have some type of seasonal fruit every day, be it mango or banana, as they too can help with heart health.

Regular exercise is very important. 150 minutes of exercise per week is recommended in order to ensure blood pressure stays at a safe level and the heart remains healthy.

Proper sleep also remains crucial. Electronic gadgets should be turned off about half an hour prior to going to bed in order to relax the mind and prepare it for sleep.

A good night's sleep recharges the body and helps keep it healthy.



## Self-Marketing Tips

Self-marketing is a term used to describe individuals trying to draw attention to their skills in order to build a personal brand and gain better work opportunities, and the proliferation of social media has given everyone the ability to do just that, but it is important to go about it in the right way. One of the most vital tips to follow is to make sure you choose the right social media channel for self-marketing purposes. Facebook is the most popular social media platform, but if your target audience is more likely to spend its time on Pinterest, then marketing on Facebook would be a waste of time. Work out where the audience you want spends its time and then use that channel to self-market. It is also a good idea to be as authentic as possible. Any brand requires a genuinely unique personality in order to get noticed so it makes sense to make use of your own personality and reflect that within your branding and marketing.

Users can also decide whether they want to be sent notifications for calls, critical app alerts, and sending media and so on. It is also possible for users to go to message notifications and turn off the toggle to prevent sound or pop up notifications.

## FOR LEASE!

Up to 3,000 SF Two  
2nd Floor Office Spaces  
\$20NNN

Contact Lori at (508) 736-2387  
or [lorinery@comcast.net](mailto:lorinery@comcast.net)



New Bedford, MA



## New Development Opportunity FOR LEASE

161 Pope's Island, New Bedford, MA



Join the marine community of waterfront properties, businesses & enjoy the high traffic count on the New Bedford/Fairhaven line!

New 2021 construction creating four 1st floor commercial/retail office units ranging from 1,322 SF - 2,146 SF.

Units can be combined for a larger layout.

Contact Richard Stang at 508-990-4280 or [r.stang@nerycorp.com](mailto:r.stang@nerycorp.com)

### Simple Inspiration Tips for Entrepreneurs

Entrepreneurs more than anyone can find the things they have to do piling on top of them until it all starts to feel more than a little overwhelming, and it is at that point that it becomes more difficult than ever to find any inspiration. Good news is there are ways to get passionate and inspired without having to wait.

One good tip is to spend some time with a mentor figure. Getting to be with someone you have admiration for is a great way to get inspired and be positively influenced. Another good tip is to try to do something completely unexpected and random.

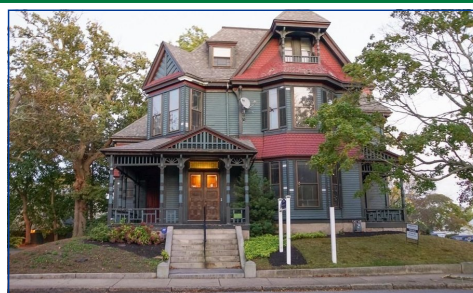
Trying new things can help create motivation even if they seem to be unrelated to any particular goals as it can result in inspiration coming from the most seemingly unlikely of places, with unexpected but helpful results.

It is also a good idea to seek out other people's stories as to how they have succeeded or achieved the seemingly impossible, which can inspire you to realize that you can do the same.

## FOR LEASE!

**Magnificent Office Space**  
**2nd Floor**  
**High Traffic Location!**

Contact Lori at (508) 736-2387  
or [lorinery@comcast.net](mailto:lorinery@comcast.net)



New Bedford, MA

## FOR SALE NEW BEDFORD, MA



600 SF Retail Salon \$159,900

## SWANSEA, MA



2.89 Acres Industrial Lot on  
Prime Route 6 \$1.5M

## NEW BEDFORD, MA



1,245 SF Medical Office  
Condo Units 2 & 3 \$155,000

## PLYMOUTH, MA



4,020 SF DayCare/Residential  
Cape \$825,000

## NEW BEDFORD, MA



1,269 SF Office/Retail \$154,500





# COASTAL COMMERCIAL Real Estate

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## FOR SALE

### NEW BEDFORD, MA



13,000 SF 3 Buildings in  
Prominent North End \$750,000

### NEW BEDFORD, MA



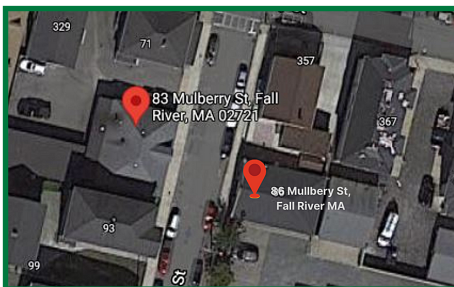
3,102 SF Landmark Turnkey Bar  
w/ Real Estate \$635,000

### NEW BEDFORD, MA



2,940 SF Retail Building on Corner  
Lot w/ Parking \$850,000

### FALL RIVER, MA



3,890 SF 2 Free Standing Buildings  
\$499,000

### MARION, MA



2.9 Acres w/ 2 Warehouse  
Buildings 5,531 SF combined  
\$970,000

### NEW BEDFORD, MA



2,890 SF Two Storefronts &  
One Apartment \$295,000