

April Fool's from **Touch of Gratitude!!!**

**Business Development/Updates – New Hours**

Starting May 1<sup>st</sup>, I will have office hours on Thursday evenings in addition to my current schedule. These hours will stay in effect until the end of August. By increasing my availability it provides you more opportunities to take time for yourself to get a massage!

**Personal Growth/Benefits – It's all about Hydration**

We've all heard it before...drink plenty of water. Do you know how much drinking the recommended 64 oz. a day benefits your body? We are composed of more than 60% water, and replenishing that improves cellular health, it keeps your muscles pliable, can reduce fatigue and it can even help prevent over-indulging; the effects are endless. So the next time you start to feel a little sluggish, try drinking a glass of water and make your cells happy!

**Giving Back – Donations Update**

Thanks to all of you who have taken time for yourselves and for supporting various non-profit organizations. In 1st quarter 2008 you helped provide over \$400 to 14 various organizations. If you're interested you can check out the breakdown on my website ([www.touchofgratitude.com/donations.html](http://www.touchofgratitude.com/donations.html)). THANK YOU for making a difference!

I look forward to seeing you!

Steph

Show your body some gratitude...schedule a massage today!

Stephanie Suriano, LMT, NCTMB  
Touch of Gratitude, LLC  
10552 Success Lane, Suite D  
Centerville, OH 45458  
937.369.3373  
[www.touchofgratitude.com](http://www.touchofgratitude.com)