

**SUNNY** Salutations from **Touch of Gratitude!!!**

### **Business Development/Updates – Your Thoughts**

One of the things I love best about being a massage therapist is that I have the opportunity to build real relationships with people. Each of you adds a new facet to my life; the dialogue we share and your ideas help to shape me and my practice. Please know that I value you and your opinions, so I'm asking you to let me know how I'm doing. Send me an email, give me a call, or talk to me the next time we meet – I want to hear from you. Let's continue to work together to make your massage experience the best it can be!

### **Personal Growth/Benefits – First Time Fridays**

Tired of your same old routine? Here's a fun way to add some variety to life that we've started at our house...FIRST TIME FRIDAYS. Each Friday we try something new – new activity, food, restaurant, exercise, or hobby – it's a great way to widen your horizons and maybe even find a new favorite! Share the idea with your friends; you'll be surprised at how it will catch on...your weekends will never start the same again!

### **Giving Back – Click to Give**

I love these sites...click and give. It's amazing that something so quick and easy makes such a big difference! At [www.thehungersite.com](http://www.thehungersite.com) there are tabs for each of the following causes: hunger, breast cancer, child health, literacy, rain forest and animal rescue. There you can click and give, check out cool free ways to help and there's even a link to shop and give more! Pick your favorite or support them all...it takes just a minute!

I look forward to seeing you!

Steph

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

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