

Happy Valentine's Day from **Touch of Gratitude!!!**

I love your feedback! Thanks to everyone who has provided me with comments, websites and donation ideas...keep it up!

Business Development/Updates – Love is in the Air

Here's how much I love my clients...for the month of February, schedule yourself for a 75 minute massage for the price of an hour! That's 15 EXTRA minutes of personal care just for YOU!

Also, if you're looking for a way to show someone you care about them and their health, I have gift certificates available. Remember that couples/friends massage is an option and perfect for the holiday – that's a gift for both of you! Contact me if you're interested in purchasing certificates.

Personal Growth/Benefits – The Heart of the Matter

Keep Moving! Exercise makes your heart happy! Cardiovascular disease is on the rise and one of the best ways to prevent it is to keep active! Even as little as 10 minutes a day can really make a difference! You'll burn calories, release endorphins (they make you happy), reduce stress and improve your overall health. Make the commitment today...

Giving Back – For the Love of Animals

The Animal Rescue Site needs your help! Their corporate sponsors/advertisers donate food to abandoned/neglected animals in exchange for advertising, and they are having trouble meeting their quota for daily visits to their site.

Help is just a click away. It's quick, easy and FREE! Go to <http://www.theanimalrescuesite.com> and click on the purple box 'fund food for animals'. Visit as often as you like and pass it on! Your 4-legged friends thank you!

I look forward to seeing you!

Steph

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

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