

Happy New Year from **Touch of Gratitude!!!**

I hope that all of you had a happy and healthy holiday season! Thanks to all of you who purchased gift cards...I can't wait to see your familiar faces and meet new ones too!

Business Development/Updates – FSA Reimbursement for Massage

Did you know that you can be reimbursed from your Flexible Spending Account (FSA) for physician prescribed massage?

In case you're unfamiliar with an FSA, this is an employee benefit that allows you to pay for medical expenses with PRE TAX dollars. You allocate amounts through payroll deduction to be deposited into your FSA. Then, throughout the year you get reimbursed for eligible expenses TAX FREE! Your HR/Benefits Advisor can give you more details about how the program works and if it is available at your organization.

How to get reimbursed for your massage: if massage therapy is prescribed by your physician to treat a medical condition (stress/general health excluded) and they provide a letter/prescription noting medical necessity and diagnosis. When you come in for a session, bring a copy of the letter/prescription for my records. After your massage and payment, I will provide you with a receipt to submit to you FSA...it's that easy!

Personal Growth/Benefits – What I Like About You!

With the New Year beginning, most of us are looking to make resolutions to "improve" ourselves. Instead, how about telling people at least one thing you like about them already? We are always so eager to point out all the negatives in life, let's change our focus to the positive. You never know how a kind word really can impact someone's day and life. And...that includes you! Here's my challenge for you...everyday for the remainder of the week give yourself and someone else a compliment. What an uplifting way to start the year!

Giving Back – Donations Update

Thanks to all of you who have taken time for yourselves and for supporting the following non-profit organizations. In 4th quarter 2007 you helped provide over \$300 to 14 various organizations. If you're interested you can check out the breakdown on my website (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!

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