



Greetings!

## Speaking of Mindful Wellness...

New year, new format. We are making it easier for you to click on the information you want! We are very pleased to feature Traci Pennock's article "Is health a reasonable expectation?".

- Check out the **Upcoming Events** and where & when you can schedule your thermography scan at one of our mobile locations.
- **Looking for More** gives you one place to click on our most used information or Questions!

Yours in health & Wellness,

**Jacky**

## Is health a reasonable expectation?



### Expect health and live well.

By Dr. Traci Pennock, BA, DC

When asked about contributing to this newsletter, my initial thoughts were to write about the spine and nerves, the immune system, or nutrition. In order to understand why any of that is even important though, there is something more fundamental you should know. You are engineered for health.

Wellness is really the default mode for human beings. Unfortunately, fear and inadequacy are more often the underlying tone of prevailing messages about health (as well as appearance, social status, finances...) As a result, many view disease as inevitable....

[Click to continue reading and see Dr. Pennock's special offer!](#)

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### Upcoming Events

We have some exciting events coming up! We're excited to see you there...

February 15th - 2020 Western Ohio Wellness Expo!

March 19th - Bring your Breast Friends to this



**February 15th**

FREE fun evening all about Breast Health & Care... Event will be held in the conference room of Mindful Wellness Medical Thermography. Open house from 7 pm - 9 pm. Look for our announcement on FaceBook.

### Mobile Thermography Scans...

February 6th - Fully Alive Chiropractic  
February 10th - The Wellness Lounge  
February 13th - Covenant Natural Healthcare  
February 17th - Integrative Hormone Center & Pharmacy Centerville Office  
February 21st - Happy Hormone Cottage Vandalia  
February TBD - True2Form Chiropractic (call to check dates)

Click to find out how to schedule at one of our mobile locations!

Mindful Wellness Medical Thermography & Holistic Health Mobile Thermography are one of the Sponsors at the **2020 Western Ohio Wellness!** The only Event in the Region with nearly 100 Health and Wellness Exhibitors as well as an Education Forum featuring hot topics in health. [Click here to get your ticket and make sure you stop by our booth for special offers.](#)

### March 19th

Bring your Breast Friends to this FREE fun evening all about Breast Health & Care... Event will be held in the conference room of Mindful Wellness Medical Thermography. Open house from 7 pm - 9 pm.  
[Click here to reserve your FREE ticket to the Open House!](#)

## Video Spotlight

In this brief, how-to video, Aubrey Lesicki, BS, LMT, teaches the PHAST technique of breast self-massage. The PHAST breast self-massage technique gives you a quick, simple way to manage your breast care, improving breast circulation as well as the quality of the tissue texture.

[Link to more videos.](#)



## Congratulations Cathy

Congratulations to our Inflammation The Silent Killer Grand Prize Winner - Cathy Wolf. Cathy came in the other day to redeem her Full Body Thermography Scan!

It was such a pleasure to spending time with Cathy.

## Looking for more....

### Buy a Gift Certificate

Valentines Day is coming! Your sweetie would LOVE a Thermography or Massage Gift Certificate.

### Schedule an Appointment

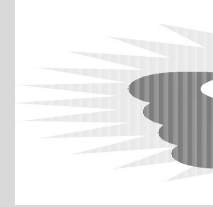
Schedule your Thermography scan online. Contact Jacky or Robin for more times!

### Our Mobile Locations

Bringing Thermography to you! Click to find a location near you!

Every penny counts!  
Remember that you can avoid paying

Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!



Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

[Make a Donation](#)



**Contact Us**

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***www.MindfulWellnessMassageandBodywork.com***

***www.HolisticHealthMobileThermography.com***



[Visit our Website](#)