



Greetings!

Speaking of Mindful Wellness...

We end the year with thanks and gratitude...

- This has been a year many of us soon won't forget. As we end this year, my wish is that you are able to find the joy in the many little things. The true meaning of the season is not finding the perfect gift, but the caring we have for others. If 2020 has taught anything, it's being able to find those bright stars.
- I hope that you end the year in good health and resolve to continue or begin healthy rituals in 2021.
- **Looking for last minute gifts for that special someone? Buy the gift of health! Select a digital gift certificate for a thermography scan or massage.**
- Check out the Breast Care Corner - Using thermography to see inside your body...

Yours in health & Wellness,
Jacky

What can you do at home to stay healthy...

Saying Farewell to 2020....

Wishing joy and good health in 2021

As we end this very challenging year there are many things you can do at home to improve our health. Resolve to continue or begin healthy rituals in 2021.



- Bundle up and go for a nice walk. Enjoy the gifts nature provides.
- Green tea helps ease inflammation in the body. Grab a cup and enjoy a little quiet time.
- Listen to calming music to ease your stress.
- Call your friends and family. Laugh about all of the good times!!!
- There are a number of videos that fitness facilities are offering online to keep their members healthy.
- Take up healthy cooking.
- Spice it up and try new fruits & vegetables. I know I sometimes get complacent with the foods I eat because it's routine.
- Resolve to make yourself a priority.

If we don't take care of ourselves its very difficult to care for others.

One of the many ways we can focus on our own health is through massage and thermography scans. We find that many of our patients' thermography scans show inflammation in their body. Take those little steps or that big giant leap to improve your health! Let us know how we can help!



Give the gift of joy!

The world needs a little more joy. Give your special someone the gift of relaxation with a thermography scan or one of our signature massage treatments. Purchase your Instant Thermography or Signature Massage Gift Certificate and book an appointment today

[Buy an instant gift certificate!](#)

Upcoming Events

We are working with our lab locations to offer scans and keep everyone healthy.

Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly for dates and locations for the month of December.

513-443-5161

Dates TBD:

The Wellness Lounge - Lebanon, Ohio
Integrative Hormone Center & Pharmacy ~
Centerville Office
True2Form Chiropractic - West Chester, OH
Covenant Natural Healthcare - Florence, KY
Fully Alive Chiropractic - Springboro, OH
Advanced Chiropractic & Nutrition - Eastgate, OH

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



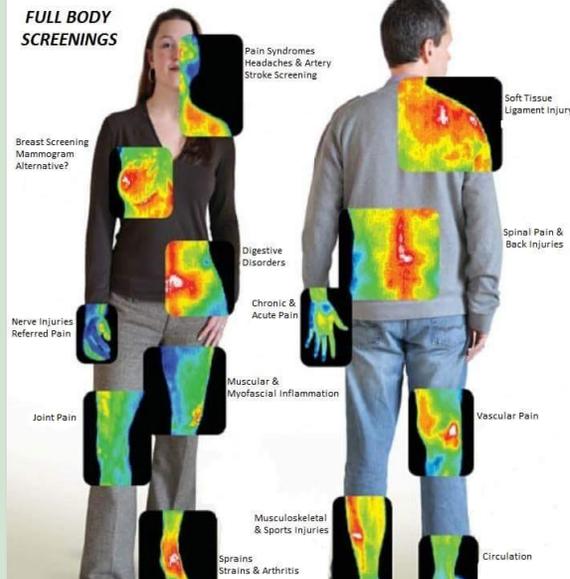
Make the Holiday Extra Special... Click to buy a Thermography or Signature Massage Gift Certificate

Breast Care Corner

Using thermography to see inside the body....

In the way that ultrasound revolutionized how women experience pregnancy, thermography offers a different way to see what's going on within the body. With some having concerns about radiation exposure from mammograms and other X-rays, this radiation-free screening method helps diagnose and document many diseases. Its imaging can provide information

FULL BODY SCREENINGS



about what is occurring in the body based on an intricate map of skin receptors and blood flow.

[Click to continue reading...](#)

Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



Can you help me?



[Leave a GOOGLE REVIEW](#)

[Leave a FACEBOOK REVIEW](#)

Do you have a few moments to share your opinion?

We're asking for your support?

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We

Looking for more....

Buy a Gift Certificate

Get your Thermography or Massage Gift Certificate.

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!!!

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!



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

Phone: 513-382-3132 Jacky

Phone: 513-443-5161 Robin

e-mail Jacky

Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



Visit our Website