

Greetings!

Speaking of Mindful Wellness...

With so much going on in the world we thought we'd provide...

- **"How I Believe Thermography Saved my Life"** Thank you Jackie for sharing your journey. Jackie Rusek Zofkie is a 5+ year Cancer Thriver, Integrative Nutrition Health Coach and Holistic Cancer Coach and has been La Leche League Leader for over 18 years. Her goal is to inspire hope and healing for healthy living. Her journey is inspirational!
- Have you registered for our Virtual Caring and Sharing Event - Breast Health Event? This is a unique, one of a kind event dedicated to your breast health!
- Check out the Breast Care Corner - Cincy Chic wrote a fantastic article about Thermography and our upcoming FREE Virtual Event!

Yours in health & Wellness,
Jacky

How I Believe Thermography Saved My Life



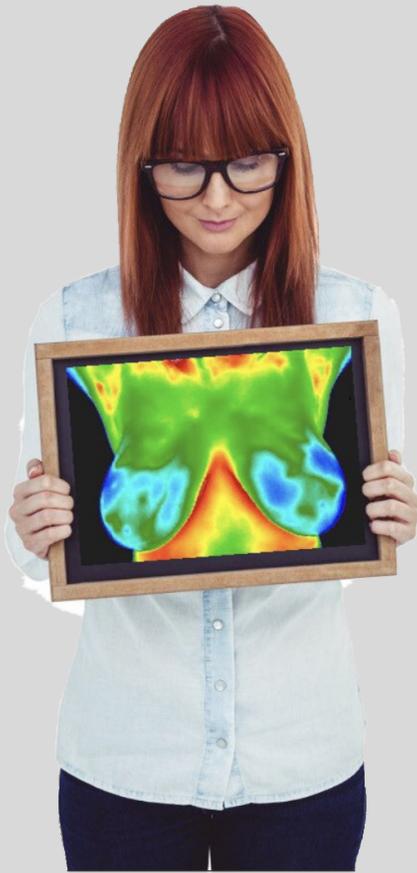
I was convinced the lump would go away....it didn't.

Read my Journey with Breast Cancer

By Jackie Zofkie

Jackie Rusek Zofkie is a 5+ year Cancer Thriver, Integrative Nutrition Health Coach and Holistic Cancer Coach and has been La Leche League Leader for over 18 years. Her goal is to inspire hope and healing for healthy living. Feel free to contact her for a Free Health Coach Session or Holistic Cancer Coach Discovery Session vis email at best4uhealthcoach@gmail.com, text 937-620-6070 or website <http://best4u.life/>

During the last decade, I had been told I had dense breast tissue (which many women seem to have prior to menopause) as well as fibrocystic breasts. Often the fluid filled cysts I had would protrude the skin and come and go depending on my menstrual cycle. June 2014 is when I found a lump that caused some changes in my breast skin – there was a dimpling around



the nipple/areola, I really didn't think much about it cuz over the years, the lumps would subside after 3 monthly cycles so I was convinced this would too....this one did not. October 2014, after being nudged by many people especially In the La Leche League community where I am leader since 2002, I decided to get a thermogram rather than a mammogram. Every year I would get a mammogram and often times get called back for second mammo/3D or ultrasound. Each time they would "clear/pass" me and send me on my way telling me "there is nothing suspicious. Images appear to be like prior ones and appear to be benign cysts" Little did I know that passing me was actually failing me. Well the thermogram reports indicated strong likelihood of malignancy and the doctor reviewing my results started discussing options like surgery and treatment plans...at first, besides being in shock, I was angry that she was stating all this without a firm confirmation..."have we done a biopsy here? No. So why are we discussing this as if this is a firm diagnosis?" Cuz little did I know at that time, but her discussion helped me mentally and emotionally begin to prepare myself for the upcoming events.....

[Click to read more about Jackie's Journey - She's a Thriver....](#)

Upcoming Events

We hope that things will return to some normalcy after months of fending off COVID-19...

Mobile Thermography Scans...

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

513-443-5161

Dates TBD:

The Wellness Lounge
Integrative Hormone Center & Pharmacy ~
Centerville Office
True2Form Chiropractic
Covenant Natural Healthcare
Fully Alive Chiropractic

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



Caring and Sharing Breast Health Event

Thursday, September 24, 7:00-9:00 PM ET. Come join our online fun Caring & Sharing Breast Health Open House.

The event runs from September 21-24 with the LIVE main event being on September 24 at 7pm.

AMAZING PRIZES AND GIVE-AWAYS!

You'll be able to virtually Bring your Breast Friends to this FREE fun evening all about Breast Health & Care....

Come learn from our experts about...

- Thermography - A No contact, No Radiation, No Compression screening Option
- Expert Bra Fitting
- Essential Oils for Breast Health

- Hormones for Breast Health
- Wellness Coach for Breast Health
- Energy work for Breast Health
- Breast Nutrition and Supplements
- Natural products for Breast Health
- CBD for Breast Health
- And so much more!!!

Watch your inbox or our Facebook page for more details!

If you haven't yet, please LIKE us on Facebook

Learn more about Caring & Sharing Breast Health

Reserve your Free Ticket for our fun, FREE Virtual Breast Health & Care Event

Breast Care Corner



Cincy Chic Promotes Our FREE Virtual Breast Health Event

Thank you Cincy Chic for the fantastic article featuring our Event

Over the past several months, we've all been at home focusing on staying healthy. There's an upcoming event — the Virtual Holistic Breast Health Open House — that aims to help you focus on your breast health at home as well.

“Pivoting with the current situation, we decided to create an online experience to teach and empower women to learn all about how they can achieve and maintain breast health,” says Jacky Greonewegen, Licensed Massage Therapist, Certified Thermography Technician and Owner of Mindful Wellness Medical Thermography. The event runs from September 21-24 with the main event being on September 24 at 7pm. The inspiration behind the event was a passion for spreading the awareness of breast health. “As Massage Therapists and Thermography Technicians, we are always looking for ways to educate women on the importance of breast health and care and how there is so much we can all do to nurture our breasts. One day, when doing a web search on Breast Health, all that came up was pages and pages of listings for Breast Cancer Treatment

Centers! I was appalled,
” Groenewegen says. “I was looking for information for healthy breasts, not cancer centers. Then it hit me, we have to be the ones to provide this service for our community. Game on! We are excited and honored to be the ones to take up this torch.”

Not only is the event going to raise awareness of breast health, the event is raising funds for the locally-based Women’s Health Initiative Foundation.

[Check out the article Cincy Chic published to support our Caring & Sharing - Virtual Breast Health Event!](#)

Women’s Health Initiatives Foundation’s 5th Annual ‘WHIF’ with a Purpose! Charity Golf Outing

Taking place Friday, September 11 at the Bel-Wood Country Club.

Come and join us as we get in our competitive spirit and raise funds for women in need.

[Click here to Register online](#)

SAVE THE DATE!

WOMEN'S HEALTH INITIATIVES FOUNDATION
5TH ANNUAL

WHIF WITH A PURPOSE!
CHARITY GOLF OUTING

BEL-WOOD
the great club in the country

FRIDAY, SEPTEMBER 11,
BEL-WOOD COUNTRY CLUB
8:30 AM SHOTGUN START

EARLY BIRD \$100

SPONSORSHIPS AVAILABLE

REGISTER EARLY AND SAVE!
EARLY BIRD ENTRY FEE OF \$100 PER PLAYER MUST BE PAID BY FRIDAY, AUGUST 14
PRICE PER PLAYER INCREASES TO \$125 AFTER AUGUST 14

ENTRY FEE INCLUDES: GOLF, DRINK TIX, LUNCH, GOODIE BAG, DOOR PRIZE TIX

PRESENTED BY

WOMEN'S HEALTH INITIATIVES FOUNDATION

HAPPY HORMONE COTTAGE

IHC

IHC

FOR MORE INFO, CONTACT: KELLY BROWN, 513-371-4838 (CALL/TEXT)
KELLY@WOMENSHEALTHINITIATIVES.ORG WWW.WOMENSHEALTHINITIATIVES.ORG

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 greatly appreciate it!

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

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Website

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www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



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