



Greetings!

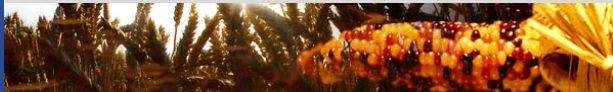
Speaking of Mindful Wellness...

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

- First a little gratitude... I am thankful for the caregivers of the sick and elderly. In this crazy year I like to take a moment to be grateful for those around me.
- **"Your path to a healthy you"** thank you Christi Traster of The Wellness Lounge for sharing how you can be part of a community to lead you to a healthier you!
- Check out the Breast Care Corner for a fantastic video - A little self care to support your breast....

Yours in health & Wellness,
Jacky

Your path to a healthy life...



Are you part of a community that leads you into a lifelong journey of

The Wellness Lounge exists to love + lead our community into a lifelong journey of wellness.

We believe that the path to a healthy life is determined by the choices we make day by day, hour by hour. It creates a ripple effect when we catch the vision and empower others to do the same.

At The Wellness Lounge, we focus on offering a broad range of groceries and health + wellness items, with an emphasis on natural, organic, local and fairly traded goods. Our goal is to give our community access to clean, non-GMO products and wholesome foods while supporting our local farmers and producers.

Here's what we offer in the grocery section of our store> organically farmed, local, grass fed beef, pastured pork, chicken and eggs (provided by Carroll Creek Farms in Waynesville); local dairy such as milk, yogurt, cheese, butter and



ice cream (provided by Hartzler Family Dairy). We also have bulk, organic dry goods, spices + baking needs; body care items with ingredient lists you can feel good about; vitamins and supplements; gluten-free foods + snacks; many vegetarian/vegan products; kombucha, olipop, and other beverages.

Here are some of the other items we have available at the shop:

- Young Living essential oils
- Thieves cleaner + other household products
- Diffusers
- Diffuser necklaces + bracelets + earrings
- Savvy Minerals makeup line
- Homeopathic remedies (Hyland's products, colloidal silver, elderberry syrup)
- Himalayan sea salt, shea butter, beeswax, various carrier oils
- Reference books + cookbooks
- Plant based vitamins + supplements
- Coffee + tea
- Local honey + maple syrup
- Kombucha starter kits
- Various foods (paleo, GF, organic, nonGMO)

Here are some of the services we have available at the shop:

BIOFEEDBACK: Linda McCord is a certified and trained biofeedback technician with the LIFE System. The LIFE System works on a cellular level to retrain energetic interferences related to physical, mental, emotional, and spiritual issues.

The LIFE System is a professional biofeedback technology to assist in achieving Stress Management, Muscle Relaxation, and Preventative Healthcare, while supporting the well being of their clients.

Linda can be reached at (513) 302-2007.

**STRESS MANAGEMENT,
NEUROFEEDBACK, AND
RELEASING EMOTIONAL PATTERNS:**

Amy Prestridge is a Certified Natural Health Professional (CNHP) and a Level II Certified Holistic Stress Management Specialist. She is also a Certified Emotion Code Practitioner and owns a NeurOptimal Advanced Brain Training system. Here is the website for more information on that:
www.neuroptimal.com.

Amy educates her clients on how to improve their health by focusing on the foundations of health. Together, the client and Amy customize a manageable plan to help them support their body's natural healing abilities. This is a well-rounded approach that addresses mind, body, and spirit.

Because stress contributes to every illness and ailment, both mental and physical, Amy can work with clients to address their stress levels. This would involve developing a plan to reduce stress through specific techniques, as well as learning healthy coping mechanisms to process and deal with stress.

Emotion Code is a modality for releasing trapped emotions using magnets. Most every person suffers from at least a few trapped emotions, which develop when we do not process our emotions effectively. Left unchecked, these trapped emotions can lead to emotional and even physical discomfort and pain. Eventually, they could lead to illness or dysfunction. Emotion Code is painless and private, as no personal information needs to be revealed in order to release the emotions.

Amy can be reached
amy@empowered4wellness.com or call (937) 751-4114.

The Wellness Lounge hours are Tuesday through Saturday 10am-5pm, with many of our classes held in the evenings at 7pm.

You can find us online at both Instagram + Facebook at @thewellnessloungelebanon. Our web site:
<https://thewellnessloungelebanon.com/>.
You can find our current class schedule

+ details on our Facebook page under the EVENTS tab.

We would love to have the opportunity to meet + serve you!

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

A little self care to support your breast....



End the year with a little self care. This is a fantastic video on Dry Skin Brushing and Lymphatic Massage to support your breast health.

[Dry Skin Brushing: DIY Self Lymphatic Drainage Massage of the Breast and Upper Extremities](#)

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 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

[Schedule an Appointment](#)

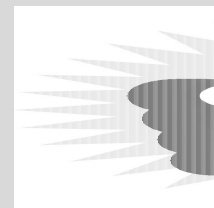
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about

[Our Mobile Locations](#)

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



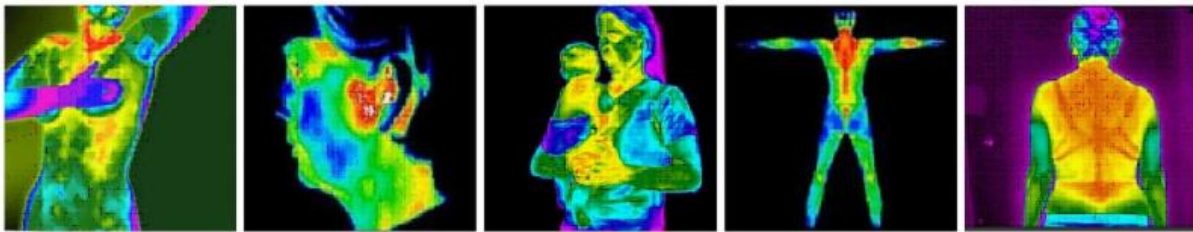
Like me on *Facebook* to receive short therapeutic wellness

an entire year!!!

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.*

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