



Dear {{contact.first_name}}

Here's a quick look at what's happening this month, what's new, and what we think you'll want to know:

Speaking of Mindful Wellness...

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- More than Breast Health: A Season to Check in With your Whole Self
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- HerScan is coming to True2Form Chiropractic our partner thermography lab location
- Check out the Breast Care Corner - It's Never Too Early for Self Care
- Are you interested in hosting a fun evening at your home with friends? Robin and I are happy to share information about breast health and thermography. Plus, you earn hostess incentives to put toward your thermography scan. See our Hostess Incentives Section below.

Yours in health & Wellness,
Jacky

**YOUR WELLNESS IS A
WHOLE PICTURE**

SIX PIECES. ONE YOU.



More Than Breast Health: A Season to Check In With Your Whole Self

As we head into Breast Health Awareness season, it's a great reminder to pause, check in with yourself, and make your health a priority.

At Mindful Wellness Medical Thermography, we believe wellness is about looking at the **whole picture**. Thermography offers a non-invasive way to observe heat patterns at the skin's surface and can be another tool to help you become more aware of your body and establish a personal baseline over time.

Breast Health Is Just the Beginning

Breast health deserves attention year-round—not just during awareness campaigns. Knowing what is normal for your body, keeping up with recommended screenings, and paying attention to changes are all important parts of taking care of yourself.

Thermography can be one more piece of that wellness puzzle, giving you an opportunity to look at your body's thermal patterns and track changes over time.

And while breast health is an important focus this time of year, **your whole body deserves attention, too.**

A Little More Awareness. A Little More Self-Care.

Our bodies can give us clues about how we're feeling and how we're responding to everyday life. Stress, busy schedules, physical activity, and lifestyle habits can all affect how we feel.

Thermography can be used as part of a broader wellness routine to help you become more familiar with your body's patterns.

It's not about replacing your doctor or your regular health screenings—it's about **adding another piece to the puzzle.**

Back-to-School Means Back-to-Stress!

And speaking of wellness...how are you handling the return to busy schedules?

Back-to-school season doesn't just affect the kids. Parents, grandparents, teachers, and caregivers often find themselves juggling earlier mornings, packed calendars, activities, homework, meals, and everyone's schedules.

A few simple ways to make the transition easier:

- **Prioritize sleep.** Getting back to a consistent sleep schedule can help you feel more rested and ready for the day.

- **Build in breathing room.** Don't fill every minute of the calendar. Even 10 minutes of quiet time can give your mind a chance to reset.
- **Move your body.** A walk, stretching, or a few minutes of movement can be a simple way to release tension and break up a stressful day.
- **Stay hydrated and fuel yourself well.** Busy days make it easy to grab whatever is convenient. Keep water and simple, nourishing snacks nearby.
- **Don't forget yourself.** It's easy to make everyone else's appointments and activities a priority while putting your own health on the back burner.

Wellness Has Many Pieces

There isn't one test, one appointment, or one wellness practice that tells us everything about our health.

Sometimes being proactive simply means paying attention.

That might mean keeping up with your regular healthcare visits, scheduling recommended screenings, getting enough sleep, managing stress, moving more, exploring nutrition, or discovering complementary wellness options that fit your lifestyle.

Your health is a whole picture. Take time to look at all the pieces.

This Breast Health Awareness season, we invite you to think beyond one month and beyond one part of your body.

Make this the season you check in with your whole self.

Thermography is intended to complement, not replace, recommended medical care and screening.

Thermography Reminder

Medical thermography is a non-invasive imaging tool that evaluates physiological changes by detecting heat patterns in the body. It is not intended to diagnose or treat disease and should be used as part of a comprehensive wellness plan alongside routine medical care and recommended screenings.

Set up your first or follow-up Thermography Scan today!

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography
Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio and Kentucky.



Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our August dates at our partner lab locations.

Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly to schedule your scan at a convenient location near you.

513-443-5161

True2Form Chiropractic - West Chester, OH **call for more details**

Fully Alive Integrative Health - Springboro, OH **call for more details**

Advance Chiropractic & Nutrition - Eastgate, OH **call for more details**

Versailles Medical Massage - Versailles, OH **call for more details**

Children's Family Chiropractic - Fort Wright, KY **Friday, September 18th**

Harrison Chiropractic & Wellness - Harrison, OH **call for more details**

Family Tree Chiropractic & Wellness - Blue Ash, OH **Tuesday, September 22nd**

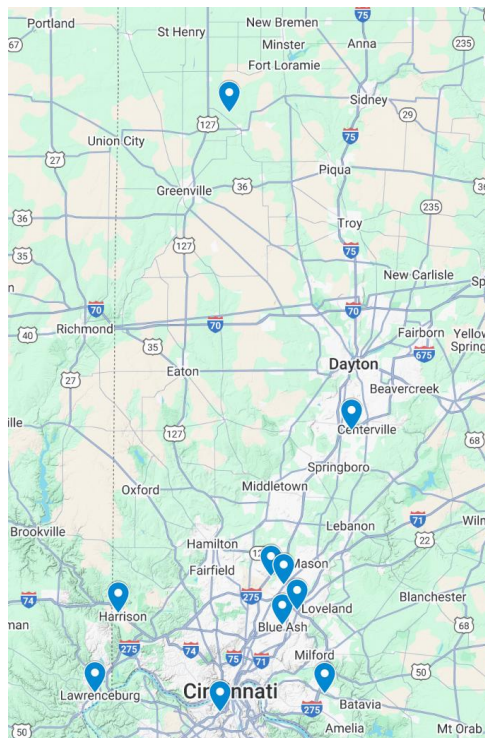
Turning Point Health & Wellness - Dayton, OH **Thursday, September 17th**

Optimize U - Blue Ash, OH

call for more details

Natural Health Direct Primary Care, LLC -Lawrenceburg, IN **call for more details**

Spieles Chiropractic Clinic - Minster, OH **call for more details**



[Click to find out how to schedule at one of our mobile locations!](#)



Take Charge of Your Breast Health

The best breast health screening plan often includes more than one imaging tool. Medical thermography and breast ultrasound provide different information—and together they can offer a more complete picture of your breast health.

At Mindful Wellness Medical Thermography, we encourage our patients to take a proactive approach to breast health. That's why we're happy to share that HerScan Mobile Breast Ultrasound offers appointments at several of our mobile thermography partner locations, making it convenient to coordinate your screenings.

Upcoming HerScan Appointment

True2Form Chiropractic (West Chester/Liberty Twp) - September 21st & 22nd

Additional HerScan appointments are available throughout the region at several of our mobile thermography partner locations.

Our Recommendation:

If you're planning both a breast ultrasound and a thermography scan, schedule your ultrasound at least two weeks before your thermography appointment.

This allows time for you to receive your ultrasound results and send them to us before your thermography interpretation. Our thermography physicians can incorporate your ultrasound findings—along with any recent mammograms, MRIs, or biopsy reports—into your evaluation, providing a more comprehensive assessment of your breast health.

Every piece of information helps tell your unique story.

Whether you're beginning your breast health journey or continuing your annual screenings, it's never too late to establish your baseline and take an active role in your health.

To schedule your thermography appointment contact Jacky at 513-382-3132 or Robin at 513-443-5161.

👉 To schedule a breast ultrasound with HerScan, visit [HerScan.com](https://www.herscan.com).

Schedule with HerScan

Breast Care Corner

[Click here for more valuable breast health resources. You'll find Patient Resources and Videos.](#)

It's Never Too Early for Self-Care



Breast health deserves attention **year-round and at every age**. Whether you're in your 20s, 40s, 60s, or beyond, taking time to become familiar with your body is an important part of caring for yourself.

Self-care starts with awareness. Know how your breasts normally look and feel, pay attention to changes, and stay up to date with the breast health screenings recommended for you.

And remember, caring for your breasts isn't just about screenings. **It's also about the everyday choices that support your overall wellness**—getting enough rest, managing stress, staying active, nourishing your body, and making time for yourself.

There's no need to wait for a certain age or a reason to start paying attention. **The best time to make breast health part of your self-care routine is now.**

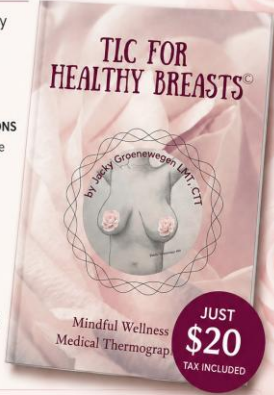
Your health deserves your attention. Your body deserves your care.

Give Your Breasts the TLC They Deserve

Simple steps you can take today for breast health and wellness.

WHAT'S INSIDE:

-  **STEP-BY-STEP INSTRUCTIONS** for effective breast massage
-  **CLEAR PHOTOS** to guide your technique
-  **EASY-TO-FOLLOW** written directions
-  **INSIGHT INTO HOW & WHY** breast massage supports your lymphatic system



TLC FOR HEALTHY BREASTS®
by Jacky Groenewegen LMT, CT
Mindful Wellness Medical Thermography
JUST \$20
TAX INCLUDED



BONUS! Purchase the eBook and receive **\$20 OFF** your next thermography scan with Jacky!

GET YOUR eBook TODAY! →



SAVE YOUR RECEIPT
to redeem your **\$20** scan discount.

- One-time use only
- Valid with Jacky only
- Cannot be combined with other promotions
- Non-transferable

TLC for Healthy Breasts

Your breasts deserve a little TLC, too!

TLC for Healthy Breasts eBook gives you simple, step-by-step guidance for breast massage, including photos and easy-to-follow techniques designed to support healthy lymphatic flow.

Ready to give your breasts some TLC?

[Get your eBook for just \\$20 — tax included!](#)

BONUS: Purchase the eBook and receive **\$20 off** your next thermography scan with Jacky.

[GET YOUR eBook →](#)

Save your receipt to redeem your \$20 scan discount. One-time use. Valid with Jacky only. Cannot be combined with other promotions. Non-transferable.

Know someone who could use a little TLC? Share it with your breast friends!

Keeping Abreast of It

A little TLC for your lymphatic self-care routine.

This specially formulated herbal and essential-oil blend was created to complement massage and everyday wellness. Use it as part of your personal self-care routine on areas such as the breasts, underarms, neck, and groin.

- ✿ Herbal & botanical ingredients
- ✿ Rich blend of essential oils
- ✿ Designed for massage & self-care

\$29.95 + tax

Want to give it a try?

Ask us about *Keeping Abreast of It* at your next visit or contact us to order.

Have a
**PRESCRIPTION
FOR MASSAGE?**

Bring in your prescription renewal,
get **\$10 OFF** your next massage.

The Ohio sales tax will be added to all massage prices
unless a doctor's prescription is presented at the time of service.

This prescription will be good for an *entire year.*



HOSTESS *Incentive!*

Invite your breast friends
to learn more about
THERMOGRAPHY
and breast health with Robin.
It can be virtual or in person!



RECEIVE
\$50
TOWARD YOUR
OWN
THERMOGRAPHY
SCAN
just for hosting the presentation.

AND



EARN AN ADDITIONAL
\$25
TOWARD YOUR SCAN
FOR EACH SCAN
BOOKED AND
PERFORMED
as a direct result of the presentation.

HOST. | SHARE. | LEARN. | SAVE.

A fun way to bring the women in your life
together while learning more about taking
a **proactive** approach to breast health.

We'd Love Your Feedback!

Thank you for choosing Mindful Wellness! Your feedback helps us continue to

[Leave us a GOOGLE REVIEW](#)

[Leave us a FACEBOOK REVIEW](#)