

## Are you aware?

# BodyMindSpiritConnected

<http://www.BodyMindSpiritConnected.com>

4021 N. Armenia Ave, Suite 104, Tampa, FL 33607



**Awareness can serve as protection.**

- Sun
- Service
- Savings

## Mindfulness

### Timeless truths

Each month I will give you weekly principals to focus on with an action of how to apply it to your life. If you choose to take the time to apply them to your life, you will see great and wonderful changes in your life in 2017. I encourage you to keep a notebook handy so you can write down ideas that resonate with you.

### Practice

Commit to set aside time each week to focus on one truth and how to apply it to your life.

- Salvation begins with the Father who draws people to the truth.
- Spiritual truth often causes division.
- God's timing and plan are always the best choice.

### Safer Sunning in Seven Steps - Dangers when outside in the sun

- **Stay in the shade** - Avoid the sun from 10 a.m. to 4 p.m. This is when rays are strongest. Don't be fooled by cloudy skies - harmful rays pass through clouds.
- **Use sunscreen products on your skin** - Products with sunscreens have an "SPF" number on the label. SPF stands for sun protection factor. A higher number means it protects longer. Buy products with an SPF number of 15 or more and apply to skin 15 to 30 minutes before going outside.

- God has a plan and purpose for the life of every believer.



## Let's Get Connected!

I know by now you are following me on Facebook and I appreciate it. You would really bless me (and your friends) if you would go onto my Facebook page and share my events on your newsfeed. Check out my website for more information about the retreats I am offering this year. Click on the blog tab. If you have experienced my services, please add your comments to the testimonials page.

### Message from Anna

The debut of Retreat #3 is happening this month. It is called "Revelation: Healing Within". I will be teaching on different techniques that will aid in maintaining or creating optimal health. Our body has many energetic systems that affect our well being, and there are things that we can do to prevent illness from manifesting in our body. This is a full day event on May 20th, so you still have time to register by calling or texting 813-215-5050. For more information, go to <http://www.BodyMindSpiritConnected.com> and click on the blog section and then click on Retreats 2017.

**Who do you know that is dealing**

- **Wear a Hat** - A hat with a wide brim helps shade the neck, ears, eyes and head.

- **Wear Sunglasses** - Buy only sunglasses with a label saying the glasses block 99 to 100% of the sun's rays.

- **Coverup** - Wear loose, lightweight, long sleeved shirts and long pants or long skirts when in the sun

- **Avoid artificial tanning methods** - This includes sunlamps and tanning beds, as well as tanning pills and tanning makeup. These products are not sunscreen lotions and will not protect your skin from the sun.

- **Check your skin regularly for signs of skin cancer** - Look for changes in the size, shape, color or feel of birthmarks, moles and spots. If you find any changes or find sores that are not healing, see your doctor.

### Monthly Special at the Rejuvenation Center

**M&M Special**  
**Mother's Day / Memorial Day**

**Perfect for a Mom & Me Day**

*Paraffin Hand Treatment*  
*Ionic Foot Bath*  
*Cranial Release (CRT)*  
*Cleansing Facial*  
*30 Minute Massage*  
*Total Value \$220*

*Special package price*  
for **May only \$95**

with health issues or wants to improve their health? Please share this with them.

## Gift Certificates

Available for any services, including the M&M special.



**Birthday Special - 1 Hour Full Body Massage for only \$25.00 the Month of your Birthday**

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