

# Press Release

*Transform your life  
through therapeutic massage,  
healing touch,  
mindful coaching and breath.*

*Roxann Keyes  
Certified Massage Therapist,  
Certified Effectiveness Coach*

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Good day everyone,

I have had quite a year, and am writing to let you know of the additions to my services. So, here they are:

- Created a business name; Center for Life Design, LLC, and a website- [www.LifeDesignmn.com](http://www.LifeDesignmn.com)
- Completed training in Orthopedic massage. Orthopedic massage is a specialized, pain free massage used for assessing injuries and treating them.
- Completed a life coaching program with Ideal Coaching and am a Certified Effectiveness Coach. The coaching program, along with my experience as a social worker, allow me to work with people in meeting their life goals.
- Developing a program that integrates the mind and body, using the body's information in the coaching process for a deeper understanding of yourself.
- Higher Mind Breath Mentor and facilitator in training for I Breathe Life. This is a super easy, life transforming breath technology. Check it out at: [ww.ibreathelife.com](http://ww.ibreathelife.com) and then give me a call.
- October is Domestic Violence Prevention month- \$5.00 from every massage goes to Southern Valley Alliance for Battered women.

It is a pleasure to be of service to you, and I look forward to our continued relationship. Peace, ~Roxann

