

# Portobello Massage Newsletter

June 2016

Dear lovely Clients,

Welcome to the **June** edition of the Portobello Massage Newsletter!

If you're like me, you might be wondering how we have made it to June already. Where does the time fly? Wherever it goes, we might as well make the best of it. As I write this, the weather is absolutely gorgeous outside and people seem to be smiling a little bit more. I know I enjoy being outside even more at this time of year and studies show that connecting with nature aids our wellbeing. Other things that help our wellbeing that we can do every day include being active (walk to the next bus stop along) and giving to others (compliments are free!). I hope June sees you feeling well and happy.

## Positive Quotes

"A year from now you will wish you had started today." - Karen Lamb

"You miss 100 percent of the shots you never take." - Wayne Gretzky

"Sometimes good things fall apart so better things can fall together." - Marilyn Monroe

"Whenever you find yourself on the side of the majority, it's time to pause and reflect." - Mark Twain

"May the bridges I burn light the way." - Dylan McKay

## Groanworthy Jokes

Teacher: Johnny what do you want to be when you grow up?

Johnny: Either an animal Vet or a Taxidermist.

Teacher: Why did you choose such different careers?

Johnny: Well, either way you get your dog back.

A company owner was asked a question, "How do you motivate your employees to be so punctual?"

He smiled & replied, "It's simple. I have 30 employees and 29 free parking spaces. One is paid parking."

Father in a conversation with a neighbour...

First son: Degree in Economics

Second son: MBA

Third son: PhD

Fourth son: Thief

Neighbour: Why can't you throw the fourth son out of your house?

Father: He is the only one earning money. The rest are unemployed.

I look forward to seeing you soon!

*Annie Milović*

Advanced Clinical Massage Therapist

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