

# Massage & Fitness Professionals of the Treasure Coast

## Women's Council of REALTORS® Gets Motivated!



May 6th Women's Council of Realtors luncheon (left to right) Patty Renna, event sponsor John Watson, Debbie Roberts, Jill Keegan, Jim Bloomer, Vic Miskanic, and Christene Campbell-Garbor.  
Photo courtesy: Jeannie Ferrara

STUART, FL. – On Thursday, May 6, 2010, at 11:30 a.m., **Debbie Roberts** of Massage & Fitness Professionals of the Treasure Coast presented, “*Motivate Yourself to Success!*” to the Women’s Council of REALTORS®-Stuart/Martin County Chapter, at Piper’s Landing in Palm City. The REALTORS® had the opportunity to be presented with the many benefits of becoming your own motivator, counselor, teacher, and best friend to yourself. **Roberts** explained the difference between fitness/wellness, and dispelled many common myths concerning fitness. Additionally, **Roberts** presented some insight into the roadblocks that we present ourselves, individual metabolism issues, and interesting facts about balance, mobility, stability, and resistance training. **Robert’s** talk was especially applicable to the group of Real Estate industry leaders, in that with the stresses of the current economic conditions, the urgency of personal wellness is more crucial than ever. **Roberts** brought home the point that one can handle any of life’s stressors if he, or she is physically and emotionally strong.

Upon conclusion of the luncheon, the REALTORS® held a live auction to benefit the local Habitat for Humanity, auctioning off desserts that rose over \$400. Finally, the REALTORS® invited **Roberts** to return as a presenter at their District Forum that will be held in July. For more information about the Women's Council of REALTORS®-Stuart/Martin County Chapter, please contact: Chapter President, **Jill Keegan** at 772-323-6764, or visit: [www.wcsmartin.com](http://www.wcsmartin.com).

With over 25 years experience, and a very personable nature, the Women's Council of REALTORS® appreciated **Robert's** candor and approachability; and found the topic timely especially during these tumultuous economic times with the housing market. To find out more about the three different departments of Massage & Fitness Professionals of the Treasure Coast (massage, fitness, and aesthetics) please call the office for a personal appointment, to schedule a speaking engagement or to schedule an educational seminar for your group.

Finally, for the month of May, any monetary donation to Fisher House™ Foundation, Inc., will warrant a 20% discount off the regular price of either ½ or 1-hour massage, from May 15<sup>th</sup> – 31<sup>st</sup>. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: [www.massage-fitnessspa.com/about.html](http://www.massage-fitnessspa.com/about.html) or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073. For more information about the Fisher House™ Foundation, Inc. for military mothers and families, please visit: [www.fisherhouse.org](http://www.fisherhouse.org).