



Optimum Health for Life

Special 2020 Newsletter

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I REMAIN ESSENTIALLY YOURS!

JUST NOT "ESSENTIAL" ... ACCORDING TO "THEM"!

Oh my, how the world shifted since I last wrote my Holiday Newsletter! We may have sensed 2020 was going to be a big year, but not quite this impactful just four months into the year!

Please accept my apology for not having written to my Optimum Health for Life clients until now. The first few weeks of being told to stop working were initially sad and a shock. This ambiguous "no-man's-land" of so "now what" felt so heavy on my heart. That I would not see you and make magic together on and around the table was disheartening. But as the weeks have evolved, I have realized that this separation and homebound new life was necessary so as to save lives!

It was apparent my new role became a part-time secretary - finding funding, filling out forms plus securing unemployment as a result of this pandemic. Being self-employed is forcing me to wait as Maryland was not set up for this influx of a new genre of applications. With this entire process now behind me, thanks to the help of the Central Maryland Chamber and Nancy La Joice from the Department of Commerce of Maryland, I feel confident that the processes are in place to shore up money for the return of my norm, which has always been helping clients find balance concerning Stress, Sleep, and Sanity. It is at this junction my new journey began of recreating how I can best be of service to you, my client, during these challenging times!

My newfound method of delivery may be minus my hands, but surely not without intention from my heart. Along the way of these last few months, I have taken courses on The Sleep Epidemic in the U.S. plus the Habits of People Least Likely to Develop Alzheimer's Disease, Doc Oli's Essential Oil Symposium, plus training on the holistic approaches in my ever-evolving business.

My new toolbox for you now has more worthwhile wellness resources for your benefit, along with the many tools and tips I share within the pages of my book on Women's Heart Health, **The Pause to Relax Ladies for Robust Heart Health**. This timely, valuable content I now teach on the Zoom platform. Learning and teaching in this manner, seeing your faces and engaging in real-time is not a real hug or massage, but a "face hug" as I call it! And the social connectivity part is somewhat satisfied for now, while the learning and smiles feed our souls. And I can hear you say "but it's not touching and NOT a massage, Linda." To that I say "Amen" ~ it is not, but it is the best we have for now, as we advance into learning what lessons needs to be unraveled and learned.

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O.H.L. Virtual Wellness 101 with the main reason to embrace this techno (not touch) outreach is to help lessen the impact of stress on your cardiovascular system. Writing my book, which took several years, revealed that every 38 seconds a

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woman dies of Cardiovascular Disease! My heartfelt effort and intention are to now help prevent the loss of life, and to help this shocking number to lessen. Perhaps to go in the opposite direction, with sound, robust, wiser, heart-healthy choices. All to neutralize the negative effects of increased anxiety, stress, insomnia, mental strain, fear and increased pain that so many are now experiencing daily.

Even while in sweats or pajamas, feel free to keep in the loop by visiting my **Optimum Health for Life** Facebook page, my **The Pause to Relax** Facebook page, along with Instagram, plus my **Wealth of Health for Life** Facebook page. The support you can offer yourself and others, while helping me along the way, is to buy my book! For beautiful gifts of health for Mother's Day, consider buying some for family and friends, to support them through this crisis and beyond! It is all on my website www.lindapenkala.com where you can see future Zoom teaching sessions designed to encourage and keep you healthy and strong in the midst of this pandemic and beyond. It will take a more intentional action plan to accomplish this.

Please know I am here for you for a consultation, conversation or a 60-Second Health Check by phone, Zoom or Facebook Messenger. I will reach out soon to begin hopefully booking clients for face-to-face meetings in July, if not sooner, like June, but all depending on how the next few weeks improve in our state. May you open your heart and mind to unique opportunities for healing and service. Deep thanks to the many who are in the medical field that are reading this, those that have family members in the trenches in stores, or hospitals, and for the churches that are meeting community needs daily for those families in profound need. My prayers go out to every person needing protection and a covering. May God Bless and anoint us all.

Essentially Yours, and Stay Healthy!

With Love and Gratitude,

Linda

Author, Wellness Catalyst, LMT
<https://oily.life/wealthofhealth/>
301 802-7745

YOU ARE INVITED!! **All Women's Mother's Day...Sur-Thrival Kit**

Presented by:
Dr. Marcia Levi, Chiropractic, Physiotherapy, Nutrition,
Abby Dixson, MES, ACE Health & Fitness Coach
and **Linda Penkala**, Author, Wellness Catalyst, LMT

Time: **May 9, 2020 11:00 AM Eastern Time**
(US and Canada)

Join Zoom Meeting
** [https://us02web.zoom.us/j/7557872713?](https://us02web.zoom.us/j/7557872713?pwd=TjNHOWpudkpDdkw1TnhNc2xFbEFhUT09)
[pwd=TjNHOWpudkpDdkw1TnhNc2xFbEFhUT09](https://us02web.zoom.us/j/7557872713?pwd=TjNHOWpudkpDdkw1TnhNc2xFbEFhUT09)

**Meeting ID: 755 787 2713

**Password: 723257

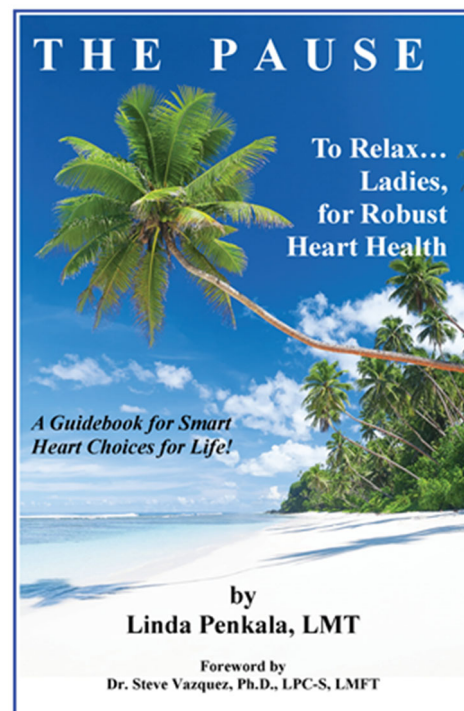
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