

# Embodied Health, LLC

Fair Fee \* Cultural Awareness \* Community Engagement

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For Immediate Release

## Local Massage Therapist, Yoga Instructor Receives Small Business of the Year Award

On April 25, local wellness business Embodied Health, LLC was presented with a Small Business of the Year Award at the Neighborhood Development Center (NDC) Banquet. The Banquet is an annual event featuring awards presented to small businesses founded by entrepreneurs who have participated in NDC micro entrepreneur and other training programs.

Embodied Health, LLC was founded by St. Paul resident Lucinda A. Pepper in 2005. Ms. Pepper attended the NDC micro entrepreneur training in Dayton's Bluff. In 2007 she located the business in South St. Anthony Park at 2500 University Avenue in the historic Triangle Building. The Small Business of the Year Award was sponsored by the Dayton's Bluff District 4 Community Council. The award was presented to Ms. Pepper by NDC Executive Director Mike Temali, Senator Amy Klobuchar, and Senator-elect Al Franken.

Embodied Health, LLC provides therapeutic massage services, focusing on pain relief, injury rehabilitation and improving athletic performance; yoga classes, including prenatal yoga, gentle yoga, mom-baby yoga, and active yoga for all levels of students; personal yoga sessions; and somatic therapy to heal the effects of trauma. Embodied Health provides excellent services at a fair fee.

Embodied Health encourages clients to actively commit to personal and community wellness, and strives to be a role model for contributing to our local communities. Embodied Health has sponsored food drives for each of the last three years, with proceeds benefiting the Midway Community Food Shelf; has donated gift certificates to silent auctions held by local non-profit businesses, churches, and retail businesses; and has held a school supply drive to benefit children attending local schools.

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For more information about this topic, please contact Lucinda Pepper, owner/visionary entrepreneur/wellness enthusiast, by calling 651-235-8254 or e-mail [Lucinda@Embodied-Health.com](mailto:Lucinda@Embodied-Health.com).