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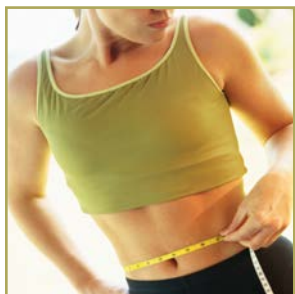
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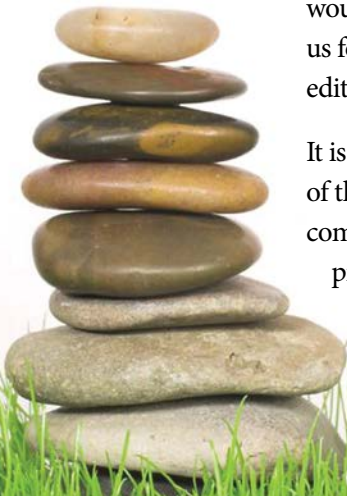


Hello, and thank you for picking up a copy of the very first edition of the iBody Directory, Southwest Missouri's guide for holistic-based wellness and integrative medicine.

We believe that personal wellness is supposed to be a fun, lifelong journey taken with a community of support. This directory is intended to be a useful resource along your journey. A holistic approach to health is multi-faceted and mindful of the consequences of our habits and actions. In most cases, if our bodies could spontaneously begin dialogue with us, it might sound something like this...

"I, Body, need you to pay attention to my needs. I was designed to constantly assess imbalances and give you signals in response to them. Please learn to listen to the signals, and help me make the necessary adjustments.

We'll live a longer, happier LIFE together."



Our mission is to bring Springfield and the surrounding area's diverse wellness community together in one place to serve as a resource for the greater community.

The iBody Charitable Fund was established at the Community Foundation of the Ozarks in 2010 as a vehicle to support our mission for community education and health promotion. This "field-of-interest" fund is for health and wellness-related programs, and non-profit organizations requesting grants from CFO each fiscal year. We raised \$1027 for this fund at our first Wellness Fair, held in December 2011. A minimum of 10 percent of all net profits from revenue generated by the iBody Directory and its projects will also be placed into this fund each month.

iBody Directory is a true grassroots project that was started, financed and is currently maintained by a team of community volunteers. We realize there are many practitioners in our area who need to be included in this directory, and would like to invite them to connect with us for feedback and inclusion in our 2013 edition.

It is our intention to use this first edition of the **iBody Directory** to inform the community that there are fantastic local practitioners to help them on their journey. Together we can make wellness a way of life.

Building Online Community

Our website is a growing community of practitioners and non-practitioners alike who share a passion for holistic health and wellness. We encourage you to join this community and enjoy the benefits of getting involved.



Ask questions on our forum managed by the local advisory board

Gain wellness tips from articles written by local practitioners

Find a practitioner

Read or write reviews on local businesses

Other ways you can connect with us to stay up-to-date on local community wellness includes signing up to receive our monthly eNewsletter and iBody Text Club.

You can join our eNewsletter by signing up via our website or simply using your smartphone to scan the QR Code below.



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Finding & Using This Directory

This first edition of the directory contains more than 100 local businesses and practitioners providing wellness-related services and products to the Springfield-Branson regional area. It's divided into several categories to help you easily find the type of service or product you're looking for. Businesses outside of the Springfield metropolitan area are denoted in blue.

Copies of this directory can be found at the Springfield Chamber of Commerce, all three locations of the Springfield City Visitors Bureau, local wellness centers and health food stores, and business locations listed in this directory.

We're honored to be supported by our locally-owned health food and supplement store, MaMa Jean's Natural Market. Together, we're teaming up to support our community through education and awareness and look forward to celebrating community health at the Second Annual Wellness Fair, scheduled for early summer 2012. This Wellness Fair will also mark the finale of the MaMa's Meltdown program, a 22-week lifestyle makeover program, which kicked off on January 9, 2012.



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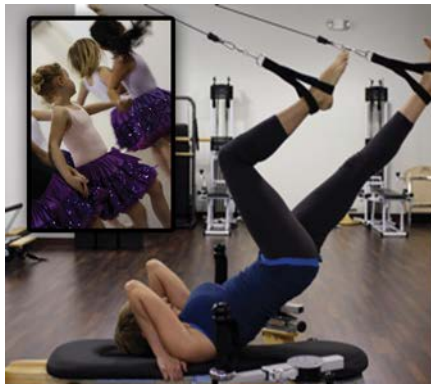
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Notes

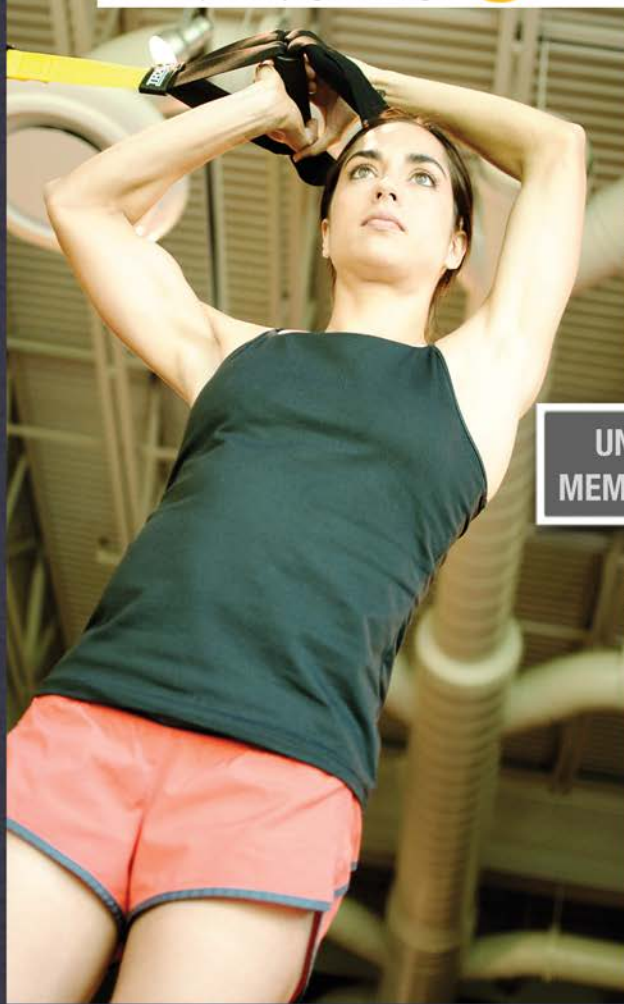
Have you found this directory to be a valuable resource? Would you like to see it grow? Please join the iBody Community. Practitioners and non-practitioners alike are contributing to this community centered vision by supporting local, healthy minded businesses. We encourage you to join us at our monthly meet-ups, become a member on our website, contribute to our forums, and volunteer any way you'd like. There are a variety of ways you can be involved.

If you're a practitioner and missed the opportunity to list your information in this first printed edition, contact us at 417.812.5592 to reserve your space in the 2013 edition. The great news is that you can add your business to our website now by visiting www.ibodydirectory.com. Our website is also a great way to find out the whole story on how this grass roots community project began.



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