



NEWS RELEASE
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**Clara Brosnaham, LMT, Receives the
Performance Health 2009 Humanitarian Award**

Award presented at the FSMTA Annual Convention

Akron, Ohio – July 24, 2009 – Clara Brosnaham, LMT, FSMTA Emerald Coast Chapter President and owner of Brosnaham Massage and Wellness, Inc., was presented the Performance Health Humanitarian Award at this year’s Florida State Massage Therapy Association Annual Convention. Performance Health, Inc., manufacturer and marketer of Biofreeze[®], Prossage[®] and Thera-Band[®] health and wellness products, honors an individual annually in the massage therapy industry for their efforts in improving the welfare of their clients and demonstrating selfless devotion to others.

Bob Poirier, Vice President of Commercial Operations for Performance Health Inc., had the pleasure of presenting the award to Ms. Brosnaham. “During the award selection process, I am always amazed by the number of therapists in the state of Florida who give so much of their time. They support charities, hospitals, international missions, schools, and local, state and national sporting events, and help other therapists become even better at what they do,” stated Mr. Poirier. “To pick just one person for this award becomes more difficult each year. I do believe that of all the disciplines our company works with, massage therapists have the biggest hearts.”

“This year’s recipient, Clara Brosnaham, has volunteered her time for several organizations, such as the Covenant Hospice where she does massage at the Joyce Goldenberg Residence,” continued Mr. Poirier. “Because of her leadership and fund raising efforts, this hospice facility now has a relaxation room for staff and patients. In addition, Clara has traveled to Mexico with a mission for the Olive Baptist Church to support the Casa Hogar Elim orphanage. And to expand her impact even further, she donates the proceeds from the jewelry she sells to various other charities. Her true passion for massage has always been obvious to those around her. Performance Health is very pleased to be able to recognize Ms. Brosnaham for her efforts, and is thankful to the FSMTA for allowing us to present this annual award.”



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In addition to providing Ms. Brosnaham with a striking award plaque, Performance Health will donate \$500 to the charity of her choice.

Upon receiving the award, Ms. Brosnaham said, "As I strive to fulfill the purpose and most important mission in my life – to be the woman God would have me to be – I am humbled, honored and inspired to receive the Performance Health Humanitarian Award. What a joy it will be to hand a \$500 check to Mama Lupita at Casa Hogar Elim orphanage in Mexico on my next mission trip in November. Casa Hogar Elim in Nuevo Laredo houses over 100 children ranging in age from infant to 24 years old. It is there that I learn about real love, true faith and hope from the precious children that have so very little of the material stuff we have and so much of the inner stuff we strive to have. As Mother Teresa would say '*we can do no great things, only small things with great love.*' Trust me when I say I will present this award check with great love. Thank you dearly for this true blessing."

The Florida State Massage Therapy Association (FSMTA), the oldest professional massage therapy association in the country, is the only association that works exclusively for massage therapists in Florida. Since its beginning, the FSMTA has been involved in the legislative process concerning the massage therapy profession. The FSMTA's mission is "To unify the massage therapy profession while creating, representing and promoting standards of excellence in health care."

Performance Health, Inc. is a leading designer, manufacturer and marketer of a broad portfolio of products for the therapy, rehabilitation, massage and wellness markets. Maker of market-leading Thera-Band® and Biofreeze® products, Performance Health, Inc. provides evidence-based protocols, education, turn-key dispensing and pain management solutions. The Performance Health Humanitarian Award is presented annually at the FSMTA with the goal to recognize an individual who exemplifies the attitude of "giving back." For the past seven years, the award has recognized an individual who has supported the FSMTA and the massage industry, and who has provided volunteer time or financial support to their community or other volunteer organizations in a humanitarian relationship.

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Photo Caption:

Mr. Bob Poirier, Vice President of Commercial Operations for Performance Health Inc., presents the Performance Health 2009 Humanitarian Award to Clara Brosnaham, LMT, at this year's FSMTA Annual Convention.