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| ::Documents:STRC:Logos:Square Logos:best.jpg **Spasmodic Torticollis Recovery Clinic, Inc.** |  |

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**Merry Christmas and Happy Hanukkah to all of you!** This will be a quick update to give you the URL for our new improved massage demo that is now attached to our Related Links page.

<https://youtu.be/4n0rG3XfWeY>

For our Amish clients, if you have an English friend with a computer have them go to YouTube and type inn Spasmodic Torticollis Massage Demo and it should come up so you can see it. I hope and pray this short video will give a lot of encouragement to people everywhere with S.T. and a nice reminder for all our clients. If you are on social media or visit the Dystonia bulletin boards, please consider posting this new video. Thanks so much!

This was an expensive project and your donations are a huge help! I think the filmmaker did a simply great job, as did Michelle.

After it was done and ready to post, I decided to clean out my STRC files, as many of the docs were over 20 years old and it was time for some housecleaning. Then guess what I found buried in an old folder??? Yes, the OLD massage demo which I could simply have re-posted to YouTube for free. Yiikes - so frustrating, but that video was 15 years old and featured both Cindy our former nutritionist and Myra who now lives in Colorado. People seeing that might assume that when they come to the clinic, they will meet all 3 of us, but that’s no longer true, so honestly it was time for a current update, and I’m glad I went ahead with the project. I hope you like it. Other than that, there isn’t much more clinic news.

Tom Seaman recently told me that Howard Thiel who founded ST/Dystonia died about a year ago of cancer. He was a living legend; he did such an amazing job of giving to the ST community and will be missed. I pray all of us worldwide will have a better year as we head into 2022. God bless you! Love, Abbie