

# THANK YOU!

*for taking care of me*

On 2 February 2024, my thumb and I had a bit of a tussle with a hatchet while chopping kindling. New to the area, with a pretty good flap still bleeding after an hour and a half, I realized - I wasn't going to be able to horse doctor myself out of this one...

A quick Google search and five minute drive brought me to Indigo.

Did I mention I had just relocated? And, as a relatively new solopreneur, building a new company, I had not yet resourced myself with insurance. So, it was a great relief that Indigo was able to take care of me - promptly and cost effectively. Bonus points: everyone I encountered during my visit was helpful, kind, and professional.

While I'm familiar with high-demand, high-performance environments, I imagine being a first line health care provider is entirely next level.

And so, I'd like to give back to you... Please accept this "Taking Care of You" audio with my deepest appreciation. I hope that it will find you when you most need it, similar to when I found Indigo.

*Dana Ann Dapolito*



My name is Dana and I am a certified immersive coach and immersive meditation facilitator.

I love guiding people to find the calm, consistent, connected place within so they can thrive in high-demand, high-performance environments.

