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get fit + eat right + live well = earn rewards

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Goodness Monkey

Give Mom A Treat

Great ideas for giving Mom a treat while you earn cash rewards with your Goodness Monkey membership.

Dining Out

Meet Mom for a Mediterranean brunch at [Lemoni Café in the Miami Design District and take 30% OFF](#) your order, or how about a Miami-modern blend of Latin-Asian-American inspired flavors at [Vagabond Restaurant and Bar](#). Can't be there in person? Have your chocolates and wine delivered by [Buena Vista Chocolate & Wine](#) the French chocolatier & boutique wine shop and [take \\$25 OFF](#).

Keep Her Fit

Take a dance class - Try a perfect blend of sultry jazz and calorie-burning, muscle-sculpting movement of ballet and burlesque at [Cabaret Fit](#) and take 10% OFF Your First Session. Get Mom some nutritional advice - visit [Mike's Nutrition & Fitness](#) where you can take \$20 OFF First Package or Session.

The gift of gym membership at the newest community fitness destination [Pulse 163](#) a warm, upscale studio that will pamper you and push you to your limits and take 10% OFF Your First Package.

At Home & In the Garden

Give Mom's kitchen a makeover - visit [Miami Restaurant Supplies](#) where you can get the largest selection of stylish plates in the market to please every taste and budget and take \$20 OFF Your \$100 purchase. Need help with home repair? Call [The Honest Handyman](#) to take \$50 off first home repair project.

Look Good, Feel Good

Give Mom some pampering visit any health and beauty provider in the Goodness Monkey network to unlock rewards on [waxing](#), [tanning](#), [skincare](#) and [more](#).

Goodness News

[The Art Of Being Alive Series: What Does It Mean to Come Alive?](#)

[Antibiotics destroy your immune system - get off the drugs and repair your body](#)

[4 Simple Things You Can Do to Improve Your Mental Wellness](#)

Join the Goodness Monkey network and start earning your rewards today...

Visit your favorite gym, restaurant, spa, etc.
in our network to unlock cash rewards. .

[Customers join/sign up here](#)



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