

The Monthly Lift

by Dr. Antigone Vesci

June, 2026

Real stories, practical tips, and a laugh to keep you moving.

One Patient, One Purpose: Penny Possible.
Click the photo to support her mission!

On September 13th, 2022, Penelope received a diagnosis of Hepatoblastoma, a form of liver cancer. A mere five weeks later, on October 18th, 2022, our brave and beautiful 2-year-old, daughter, granddaughter, niece, cousin, and friend to many, peacefully passed away in the loving embrace of her parents.

For those fortunate enough to have known Penelope, her remarkable penchant for sharing and her natural desire to assist others were evident. Whether it was sharing a Veggie Straw with a friend or tenderly caring for her baby brother, Penny's innate kindness shone brightly.

"GOOD JOB PENNY" was a phrase she frequently used throughout her five-week battle with cancer, reflecting her unwavering determination and strength.

Though her time on Earth was tragically short, Penelope's indomitable spirit endures, now dedicated to the noble cause of supporting other pediatric cancer patients.

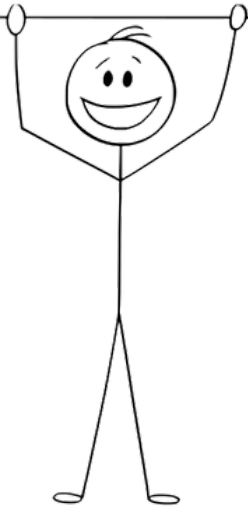




Did you know that exercise is as effective as medication and psychotherapy in treating depression?

[Here's the 2024 Systematic Review & Meta-Analysis](#)

JOKE OF THE MONTH



Know someone who could use a comeback story of their own? Share this PDF with them.