

Connecting Touch News

“Healthy Living Through Healthy Touch”

August 2006

About our new e-newsletter... I will be sending it out the first of each month. I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at jack@connectingtouch.com, and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to do so. You can access a printer-friendly version of our newsletter (as well as prior newsletters) at <http://www.connectingtouch.com/ct/newsletter/default.htm> .

And as always, I thank you for your continued support and encouragement.

Jack Hayes

~Did You Know?~

- Acupuncture can help relieve headaches, migraines, tennis elbow, sciatica and low back pain
- For the athlete or the weekend athlete: massage is very beneficial in the recovery from overtraining

Check out page 6 for the new referral thank-you program!!

~Business of the Month... Carvel Ice Cream~



From This



To This

**Tame the “dog days” of summer
with Ice Cream from Carvel!!**

From Monday through Wednesday August 28-30, anyone who receives a massage or buys a massage gift certificate will receive a certificate for free Ice Cream from Carvel Ice Cream! Carvel is located at 3490 Hudson Drive in Stow. Carvel, the nation’s first retail Ice Cream company, started in 1929 by Tom Carvel after he got a flat tire on his vending truck and was forced to “set up” shop on a vacant lot in order to sell his quickly melting ice cream. Tom Carvel was born in Athens Greece as Thomas Carvelas. Remember to thank the staff when getting your free ice cream. (Limit one certificate per person.)



Connecting Touch is celebrating our 11th **Birth**day!!!

Wednesday September 13 from 10:00 am to 7:00 pm

Join us for:

- **Free Chair Massage**
- **Free Chair Reiki**
- **Free gifts to everyone**
- **Spectacular Door Prizes**
- **Refreshments**
- **Meet Noted Photoartist Jim Nelson**
- **Acupuncture presentation**
- **Gemstones and jewelry display**
- **And of course “lotsa” Birthday Cake!!!**

2% of all revenue to Humane Society of Greater Akron and Falls Cancer Club
Come early-stay late-meet our staff-make new friends

~Frequently Asked Questions~

What is Medical Acupuncture?

Medical acupuncture is the term used to describe acupuncture performed by a doctor, trained and licensed in Western medicine, who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use Western Medicine or Acupuncture, or a combination of both as the need arises, to treat an illness. Very often the combination is the most beneficial such as in cases of treating cancer or managing pain.

What kind of massage is best for the athlete?

Traditional western (e.g. Swedish) massage is currently the most common approach used for conditioning programs. It is frequently supplemented by other massage therapy approaches including deep tissue, and trigger point work. Many of the therapists we have on staff have had experience in sports massage or have had specialized training in sports massage.

Do you have a question? Just send it to jack@connectingtouch.com and we will answer it in a future issue. Also, you can go to http://holisticonline.com/massage/mas_home.htm. This site is full of useful and reliable information.

~Calendar~

Drop-In Meditation Classes with Tajalli

2nd and 4th Thursdays 6:30-7:30pm \$15 each or 4/\$48 prepaid

Pamper Your Partner Massage Class with Jack Hayes

First Tuesday of the month 6:30-8:30pm 9/5, 10/3

One Saturday a month 2:00-4:00pm 10/14

Cost: \$60/couple (bottle of oil and book included)

Reiki Classes with Ed Coyle, Reiki Master/Teacher

Reiki I: Sundays September 17 or October 22

Reiki II: Sundays October 15 or November 19

9am-6pm, \$150 each or \$250 for I & II

A.R.T. and Reiki Master Level: Scheduled as needed

Reiki Master Class: October 28 and November 11

Tai Chi Classes with Gary Harris

Tuesdays August 29-October 17 5:30-7:00pm \$80

Yoga Classes

Tuesdays 10-11:30am August 1-September 19 \$80/8 weeks

Tuesdays 10-11:30am September 26-November 14 \$80/8 weeks

Wednesdays 4-5:30pm August 2-September 20 \$80/8 weeks

Wednesdays 4-5:30pm September 27-November 15 \$80/8 weeks

Instructor: Heidi Shaffer

Wednesdays 6-7:30pm August 2-September 20 \$80/8 weeks

Wednesdays 6-7:30pm September 27-November 15 \$80/8 weeks

Instructor: Betty Zenar

Labor Day September 4

Center Closed

Connecting Touch's 11th Birthday Open House

Wednesday September 13 10am-7pm

Free chair massage, chair Reiki, door prizes and birthday cake!

Build Your Business Seminar presented by Jack Hayes

Sunday Oct 1, 2006 9:00am-1:00pm \$75

Check out page 6 for the new referral thank-you program!!

~News from CTT~

Jack Hayes is partnering with local businesses to bring you special discounts and freebies (see page 2 for free Ice Cream). Watch for future events.

~Acupuncture now available~

Beginning this month, we will have a certified acupuncturist available here for you. **Shila Mathew, MD**, certified in Medical Acupuncture from McMaster University, will be taking Sunday appointments.

Dr. Mathew is also trained in GTT acupuncture to treat myofascial pain, fibromyalgia, stress, substance abuse and numerous musculoskeletal conditions. She is a member of the American Academy of Medical Acupuncture and is the medical director and co-founder of www.holisticonline.com. You can learn more about Dr. Mathew and acupuncture at www.drshila.com.

~Referral “Thank You” Program~

Our biggest growth has come from our own customers referring their friends and families to us. So, on July 1 we started a new program in which we thank you, our customers, for all the people you refer to us. **For each referral of a new customer, you will receive one (1) movie ticket to a Regal Theater.** Just have the referred person let us know that you referred them, and we will take care of the rest. (The referral is for a massage or Reiki treatment and the person has never been to Connecting Touch. Contact us for complete rules and guidelines.)

~Community Room~

Baby Shower ***Bridal Shower***
Birthday Parties ***Business Meeting***

We have a Community Room in which we hold our classes, and we also rent out this room. If you or your organization is looking for a meeting room, contact us for availability. Great for meetings, bridal showers, birthday parties, etc. **Wireless Internet available.** Call 330-945-9354 for details.

~Know Your Therapist~

Each month we will feature one or two therapists

~Types of Massage~

There are many types of massage techniques. Our therapists are trained in many modalities, some of which are listed below. This is not an all-inclusive list.

Relaxation Massage

Cranial Sacral

Deep Tissue

Fibromyalgia

Geriatric Massage

Myofascial Release

Neuromuscular Therapy

Polarity

Pregnancy Massage

Reflexology

Reiki

Shiatsu

Sports Massage

Trigger Point

~Comments~

“Great facility. Keep up the great work.”

Do you have any comments or suggestions? Just send them to jack@connectingtouch.com

~Staff~

Massage Therapists

Michael Hale	Steve Honn	Bill McKinnon
Theresa Hastings	Mark Lamson	Jennie Dwenger
Jack Hayes	Annie Lohmier	Hallie Unkel

Reiki Master/Teacher

Ed Coyle

Certified Acupuncturist

Dr. Shila Mathew, MD

Office Staff

Jack Hayes.....	President
Katie Hayes.....	General Manager
Nikki Hayes.....	Office Manager
Annie Lohmier.....	Office Assistant

~About Connecting Touch~

Opened in 1995, we employ only individuals who are licensed or certified in their field of practice, thus providing a high level of service. We are open 7 days a week.

Massage Hours.....Monday–Friday 9:00 am to 6:30 pm
Saturday 9:00 am to 5:00 pm
Sunday 11:30 am to 4:00 pm

Store Hours.....Monday-Saturday 9:00 am to 6:00 pm
Sunday 11:30 am to 5:00 pm

Connecting Touch

Therapy & Wellness Center, Inc.

960 Graham Road, Cuyahoga Falls, Ohio 44221

330-945-9354 800-565-2926

www.connectingtouch.com