

Connecting Touch News

“Healthy Living Through Healthy Touch”

February 2006

About our new e-newsletter. I am sending it via email with an attachment. It is best viewed as an attachment. I will be sending it out the first of each month. I have included only the individuals who have expressed interest in receiving the newsletter from us. If you do not want to receive it just contact me at jack@connectingtouch.com and I will gladly remove you from the email list. However, if you would like to share this newsletter with your friends, please feel free to do so. And as always, I thank you for your continued support and encouragement.

Jack Hayes

~Did You Know?~

- Massage therapy is currently one of the fastest growing of the alternative therapies.
- Research has shown that touch can be beneficial for infants, especially premature infants.
- Massage therapy can improve an athlete's performance.
- Massage therapy can comfort symptoms of Fibromyalgia and Chronic Fatigue Syndrome.
- Massage therapy helps strengthen the immune system.

~Upcoming Events~



Valentine's Day...remember your sweetie with a gift certificate for a massage from Connecting Touch. Purchase a gift certificate between February 10 and February 14 and receive a paraffin hand treatment gift certificate **FREE**...a \$12.00 value!



⇒**Mid-Winter Blues Sale**...all products in the store are
15% OFF February 5-11

Group Hypnotherapy Session for Weight Control
Saturday Feb 11 from 11:30 to 1:30 Cost: \$50.00
Call 330-945-9354 to register

~Frequently Asked Questions~

Why is drinking water important after massage?

Drinking lots of water is always important. One of the best tools of preventative health maintenance is drinking at least 8 glasses of water a day. The human body is composed of 70% water, and water is involved in nearly every bodily function, including digestion, nutrient absorption, circulation and waste excretion. During a massage, waste products are massaged out of the muscles into the blood stream. Drinking extra water helps to eliminate these waste products from the body.

How often should I receive massage?

If you have a chronic condition, you may want to schedule 1-2 appointments a week for a few weeks and gradually lengthen the time between appointments. However, under normal conditions, once a month is recommended for health maintenance. Start taking one hour out of each month to spend on yourself!

Can massage help with my Fibromyalgia?

Yes. Massage therapy relaxes muscles and increases range of motion and blood circulation as well as controlling pain. "This type of alternative medicine has been a wonderful form of treatment in patients with Fibromyalgia," writes Dr. Mark Pellegrino, M.D. in his book *The Fibromyalgia Survivor*.

"The first 1 or 2 treatments can often cause increased muscle soreness, so using ice, heat, creams or medicines afterwards may be needed. Once the muscles become used to the technique, the usual response is one of considerable relaxation and decreased pain."

Do you have a question? Just send it to jack@connectingtouch.com and we will answer it in the next 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

Cost: \$15/class or \$48/4 pre-paid classes

Pamper Your Partner Massage Class with Jack Hayes

First Tuesday of the month 6:30-8:30pm 2/7, 3/7 or 4/4/06

One Saturday a month 2:00-4:00pm 2/18, 3/18, or 4/15/06

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

Reiki Classes

Reiki I: Sundays 3/19, 5/21, 9/17, or 10/22/06

Reiki II: Sundays 2/19, 4/30, 6/25, 10/15 or 11/19/06

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

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

Instructor: Ed Coyle, Reiki Master/Teacher

Tai Chi Classes

Tuesdays February 28-April 18 5:30-7:00pm

Instructor: Gary Harris

Cost: \$80 (\$72 if paid a week before class begins)

Yoga Classes

Tuesdays March 7-April 25 10-11:30am

Wednesdays March 8-April 26 4:00-5:30pm

Instructor: Heidi Shaffer

Wednesdays March 8-April 26 6:00-7:30pm

Instructor: Betty Zelnar

Cost: \$80 (\$72 if paid a week before class begins)

His Grace Fellowship Bible Study

2nd and 4th Mondays 6-7pm

Facilitated by Rev. Gary Brancho

Build Your Business Seminar presented by Jack Hayes

Sunday May 7, 2006 9:00am-1:00pm \$75

Digital Camera Class

“Using Your Digital Camera” This class is for the beginner or for those who want to review the basics.

Saturday March 11 1-4

“Making the digital camera do what you want” This class is for those who want to add more control and creativity to their photographs,

Saturday March 12 1-4

Cost is \$50.00 per class

~News from CTT~

Jack Hayes' wife (and Connecting Touch's Office Manager), Nikki, wants to thank all who prayed for her during her cervical spine surgery and continued prayers for her complete recovery.

~Community Room~

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.

~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 offer massage therapy, Reiki and group Hypnotherapy treatments. We provide Yoga, Tai Chi, Meditation, Reiki classes and we now offer a Monday evening bible study. 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

~Traveling?~

Are you traveling and need to find a qualified massage therapist to help ease away those aches and pains from being on the road or in the plane? Go to

<http://www.amtamassage.org/findamassage/locator.htm> to find a massage therapist. We can recommend this site.

~Know Your Therapist~

Each month we will feature one or two therapists. Below are two therapists who have been with us the longest.

Mike Hale, LMT

- Licensed 7 years and has worked here 7 years
- Deep tissue work
- Neuromuscular technique
- Sports massage

Mike worked on a professional sports team for several years.

Theresa Hastings, LMT

- Licensed 6 years and has worked here 3 years
- Geriatric Massage
- Pregnancy Massage
- Sports Massage
- Trigger point
- Reiki Master

Theresa is a cancer survivor. “From a personal perspective, I know the importance of massage and Reiki for healing and health during treatments and beyond”, says Theresa.

~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~

“An oasis of serenity.”

“Peaceful, relaxing. I really enjoy the ‘quiet room.’”

“I could stay here all day!”

“Best massage I ever had.”

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

~Staff~

Massage Therapists

Michael Hale	Suzy McElhattan
Theresa Hastings	Bill McKinnon
Jack Hayes	Jennie Peterson
Steve Honn	Hallie Unkel
Mark Lamson	

Reiki Master/Teacher

Ed Coyle

Office Staff

Jack Hayes.....President
Katie Hayes.....General Manager
Nikki Hayes.....Office Manager

Connecting Touch

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