

Connecting Touch News

“Healthy Living Through Healthy Touch”

June 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?~

- On-Site chair massage may increase productivity
- On-site chair massage targets the prone areas of trouble for office workers-neck, shoulders, arms and back

~Business of the Month... Osman's Pies~



What is more American than an Apple Pie? An Apple Pie from Osman's Pies!

From Monday through Wednesday June 26-28, anyone who receives a massage or buys a massage gift certificate will receive a certificate for a **FREE** Apple Tart...just in time for the 4th of July! Located at 4975 Darrow Road in Stow, Osman's Pies has been open since 1949 and is family owned. The free apple tart will get you ready for the 4th of July. Remember to thank the entire staff when you pick up your apple tart.



Father's Day

June 18

He may not say it but Dad likes to be pampered also!! And he likes great deals, too.

So that Dad will be proud of the way you manage your money, we are offering **10% off** any massage gift certificate sold between June 11 and June 18.

So pamper Dad and save money!

~Frequently Asked Questions~

Are you open on Sundays for massage appointments?

Yes, we schedule our first massage appointment at 11:30 and our last appointment at 4:00. Our store hours are from 11:30- 5:00.

What are the benefits to pregnancy massage and are there precautions?

The overall goals for pregnancy massage are to help minimize stress, promote relaxation and prepare the muscles for childbirth. There are specific techniques and movements, which are designed to help relieve particular conditions such as:

- Low back pain
- Swelling of the hands and feet
- Headaches
- Calf cramps

However, there are some instances in which pregnancy massage should not be performed. Listed below are some of the conditions, but you should always check with your doctor if in doubt.

- High Blood Pressure
- Abdominal pain
- Vomiting/diarrhea
- Unusual pain
- Diabetic
- Heavy discharge

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 6/6/06

One Saturday a month 2:00-4:00pm 6/17/06

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

Reiki Classes with Ed Coyle, Reiki Master/Teacher

Reiki I: Sundays 9/17 or 10/22/06

Reiki II: Sundays 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

Tai Chi Classes with Gary Harris

Tuesdays Aug 29-Oct 17 5:30-7:00pm \$80

Yoga Classes

Tuesdays 10-11:30am 5/2-6/20 \$80/8 weeks

Wednesdays 4-5:30pm 5/3-6/21 \$80/8 weeks

Instructor: Heidi Shaffer

Wednesdays 6-7:30pm 5/3-6/21 \$80/8 weeks

Instructor: Betty Zelnar

Build Your Business Seminar presented by Jack Hayes

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

~News from CTT~

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

~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.

~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 treatments and paraffin hand treatments. We provide Yoga, Tai Chi, Meditation and Reiki classes. 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

~Know Your Therapist~

Each month we will feature one or two therapists

Hallie Unkel, LMT

- Licensed 1 year and has worked here 1 year
- Deep Tissue
- Neuromuscular
- Reiki
- Trigger Point
- Lymphatic Drainage

~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 customer service.”

“Wonderful massage. I am ‘pain-free’. Thank you”

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-Dwenger

Steve Honn

Hallie Unkel

Mark Lamson

Annie Lohmier

Reiki Master/Teacher

Ed Coyle

Office Staff

Jack Hayes.....President

Katie Hayes.....General Manager

Nikki Hayes.....Office Manager

Connecting Touch

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