

Connecting Touch News

“Healthy Living Through Healthy Touch”

June 2007

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

Whether you want to stay active



or just relax and enjoy the summer,



massage is right for you!

Stay active and healthy with a monthly massage from Connecting Touch. As we become more active (after being sedentary for so long), we find ourselves a little stiff and sore. Massage therapy helps with the stiff and sore muscles and keeps you going!!

And to make it easier on your budget to come in more frequently, we have a couple of ways to save money.

Discount Packages

Save 10%

Buy 9 Massage Gift Certificates and get the 10th FREE!

And receive a **free** music CD

10 Half-Hour Massages.....	\$378.00 (Save \$42.00)
10 One-Hour Massages.....	\$630.00 (Save \$70.00)
10 1½-Hour Massages.....	\$828.00 (Save \$92.00)

Save 5%

And receive **2 free** bath salt packets

5 Half-Hour Massages.....	\$199.50 (Save \$10.50)
5 One-Hour Massages.....	\$332.50 (Save \$17.50)
5 1½-Hour Massages.....	\$437.00 (Save \$23.00)

As with all of our massage therapy treatments, sales tax must be charged on all non-prescribed treatments.



Are you
craving sugar?

constantly craving sweets and want to understand why?
do you want to gain control without deprivation?

Please join

Maggie Wiandt

Certified Health Counselor with Hudson Health Counseling

for a workshop on
Saturday, June 30th
1:00 – 2:30 PM

Connecting Touch Community Room

Connecting Touch Therapy & Wellness Center, Inc.
960 Graham Road in Cuyahoga Falls

Cost is only \$10.00

Register TODAY by calling 330-945-9354. Seating is limited.

Maggie Wiandt has successfully incorporated her love of health and living well, into a program that can facilitate other's personal growth, health and well being. Maggie is currently studying at the prestigious Institute for Integrative Nutrition in New York City. This program is partnered with Columbia University and includes leaders in the holistic health movement such as David Wolfe, Andrew Weil, Deepak Chopra and Paul Pitchford. She also has a B.A. in Interpersonal and Public Communication from the University of Akron.

Visit www.hudsonhealthcounseling.com to learn more about Maggie.

~Business of the Month...JCSi~



Summertime Cleaning For Your Computer **FREE Computer Tune-Up*** From JCSi!!!

From Monday through Wednesday June 25-27, anyone who receives a massage or buys a massage gift certificate will receive a **FREE** computer tune-up from JCSi. The owner, Dan Jucikas, said he would give a free computer tune-up to help “Summertime Clean” your computer!!! JCSi opened in 1992 and is a full-service computer company that handles all areas of technology for businesses and individuals throughout Northeast Ohio--from computers to networks to websites. For more information, go to <http://www.jcsi.com/index.html>. Remember to thank Dan when you take your computer into JCSi!

* Tune-up includes: Spyware check and removal, virus check and removal, scan disk, disk defrag, general hardware diagnostics and one hour of free service time.

Any software used during these services is not included and will be removed upon completion.

Treat Mom-to-Be to a soothing
"Pea in the Pod" Massage



Connecting Touch Therapy & Wellness Center is now offering Pregnancy Massage with the Prego Pillow™, a medically tested, safe way for expecting mothers to lie comfortably on their tummies while getting a massage.

According to expectantmothersguide.com the benefits of pregnancy massage include:

- Elimination of waste products through the lymphatic & circulatory system, which combats fatigue.
- Increased circulation and reduced stress on the heart which keep blood pressure in check.
- Alleviation of muscle tightness, stiffness, tension, and cramping.
- Relief from headaches, stiff neck, backaches, sciatica, edema, and sore feet.
- An increase in oxygen and nutrients to the cells of mother and fetus; which means mom has more energy and fetus receives better nourishment.
- Stabilization of hormone levels.
- Increased flexibility of muscles.
- Relaxation and better sleep; which means a healthier and happier mom.
- Relaxation of muscles to improve rotation of breech presentation.
- An easier childbirth.
- Speedier healing during postpartum recovery.
- Relief from soreness and stiffness after childbirth.

GIFT CERTIFICATES AVAILABLE

Connecting Touch Therapy & Wellness Center

1315 B Corporate Dr. Hudson
Ph: (330) 650-1467

960 Graham Rd. Cuyahoga Falls
(330) 945-9354

www.connectingtouche.com

~Calendar~

Drop-In Meditation Classes with Tajalli

2nd and 4th Thursdays 6:30-8:00pm \$15 each or 4/\$48 prepaid

Pamper Your Partner Massage Class with Jack Hayes

First Tuesday of the month 6:30-8:30pm

One Saturday a month 2:00-4:00pm

Cost: \$75/couple (bottle of oil and book included)

Reiki Classes with Ed Coyle, Reiki Master/Teacher

Reiki I: Sunday September 16 or Oct. 21 2007 9a-6p \$150*

Reiki II: Sunday June 24, October 14 or Nov. 18, 2007 9a-6p \$150*

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

*Ed's returning students receive a 10% discount on subsequent classes.

Tai Chi Classes with Gary Harris

Tuesdays April 24-June 12 5:30-7:00pm \$80

Tuesdays September 4-October 23 5:30-7:00pm \$80

Yoga Classes

Tuesdays 10-11:30am May 1-June 19 \$80/8 weeks

July 31-September 18 \$80/8 weeks

Instructor: **Heidi Shaffer**

Wednesdays 4-5:30pm May 2-June 20 \$80/8 weeks

August 1-August 22 (no class 9/12) \$70/7 wks

Instructor: **Deidre McHugh**

Wednesdays 6-7:30pm May 2-June 20 \$80/8 weeks

June 27-August 22 (no class 7/4) \$80/8 weeks

Instructor: **Betty Zenar**

Build Your Business Seminar presented by Jack Hayes

TBA Cost-\$95

~Father's Day~

Remember your hard-working Dad with a massage gift certificate
this Father's Day June 17th.

~Remember~

We have specialty gift certificates for different occasions.
See below:



Birthday Gift Certificates



Anniversaries or Weddings



Graduations

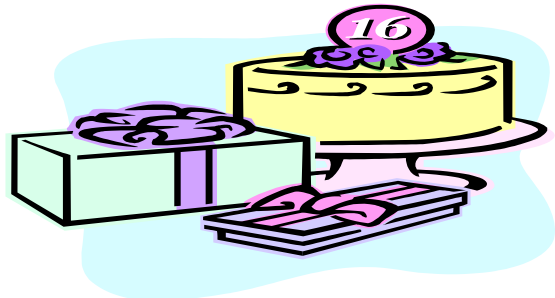


Mother's Day...May 13



Father's Day...June 17...Dad's like massage, too!!

~Community Room~



Baby Showers**Bridal Showers
Birthday Parties**Business Meetings

At our **Cuyahoga Falls location**, 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.

~Staff~

Massage Therapists

Michael Hale	AnnMarie Lohmier	Bill McKinnon
Theresa Hastings	Mark Lamson	Jacqui Milford
Jack Hayes	Hallie Unkel	Rica Keith

Reiki Master/Teacher

Ed Coyle

Medical Acupuncturist

Dr. Shila Mathew, MD

Office Staff

Jack Hayes... President
Katie Hayes....General Manager
Nikki Hayes...General Manager-Hudson
AnnMarie Lohmier...Assistant Manager
Kathryn Faris...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

1315B Corporate Dr
Hudson Ohio 44236
330-650-1467

www.connectingtouch.com