

# *Connecting Touch News*

**“Healthy Living Through Healthy Touch”**

March 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](mailto: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 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?~**

- Massage increases flexibility and range of motion in joints
- Short duration chair massage in the workplace can improve employee performance and concentration
- Massage after a workout can decrease the pain and stiffness associated with strenuous activity
- Massage therapy can help improve the health of your skin

# ~Upcoming Events~



## **Spring into Spring Special with FREE Ice Cream From Dairy Queen!!!**

On Monday-Wednesday March 20-22, anyone who receives a massage or buys a massage gift certificate will receive FREE Ice Cream from the Dairy Queen on Portage Trail in Cuyahoga Falls. The owner, Bill Marble, said he will give a free Sundae to help shed the Winter Blues and Welcome Spring!!! Remember to thank Bill when you go in to get your free ice cream!

## **~Digital Camera Classes~ How to Use Your Digital Camera**

Now, I've got this thing! What do I do with it?

Do you have a digital camera and are not sure how to get the most out of this new technology?

Instructor **Jim Nelson** will answer those questions and many more in his 3-hour workshop on Saturday March 11 from 1 pm to 4 pm, which will be held in the Connecting Touch Community Room. The cost is only \$50.00 for the three-hour session, and you will walk away with the knowledge and confidence to take great photos!!

This session is for the beginner or for those who want to review the basics.

## **Making Your Digital Camera Do What You Want**

Now that I know the basics, how can I take high quality, professional-looking photos?

Instructor **Jim Nelson** will answer those questions and many more in his 3-hour workshop on Sunday March 12 from 1 pm to 4 pm, which will be held in the Connecting Touch Community Room. The cost is only \$50.00 for the three-hour session, and you will walk away with the knowledge and confidence to take great photos!!

Sign up for both classes for \$90.00...save \$10.00...**sign up by March 8 and save an additional 10%!!**

**To register, call 330-945-9354**

## **~Frequently Asked Questions~**

**Will receiving a regular massage help my athletic performance?**

Although massage won't make you a better athlete, it will help you recover from strenuous workouts, allowing you to continue your training pain-free. Massage will help you stay active and healthy.

**I had heard that getting regular massage would help my immune system? How does that work?**

Massage therapy increases the lymphatic flow, which does boost the immune system. The lymphatic system relies on muscle contractions to pump the lymph fluid through the system. Massage mechanically does the same but without the muscle contractions.

Do you have a question? Just send it to [jack@connectingtouch.com](mailto:jack@connectingtouch.com) and we will answer it in the next issue.

Also, you can go to [http://holisticonline.com/massage/mas\\_home.htm](http://holisticonline.com/massage/mas_home.htm). This site is full of useful and reliable information.

# ~Calendar~

## **Drop-In Meditation Classes with Tajalli**

2<sup>nd</sup> and 4<sup>th</sup> 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 4/4, 5/2 or 6/6/06

One Saturday a month 2:00-4:00pm 3/18, 4/15 or 6/17/06

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 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**

2<sup>nd</sup> and 4<sup>th</sup> 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 with Photoartist Jim Nelson**

“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.

Sunday March 12 1-4

Cost is \$50.00 per class

## ~News from CTT~

**Jack Hayes** is partnering with local businesses (see above free ice cream) to bring you special discounts and freebies. Watch for future events.

## ~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 and 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 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

### **Bill McKinnon, LMT**

- Licensed 4 years and has worked here 2 years
- Cranial Sacral
- Fibromyalgia
- Geriatric
- Myofascial Release
- Neuromuscular Technique
- Polarity
- Pregnancy
- Shiatsu
- Sports massage
- Trigger Point

### **Mark Lamson, LMT**

- Licensed 7 years and has worked here 2 years
- Cranial Sacral
- Deep Tissue
- Myofascial Release
- Neuromuscular Technique
- Pregnancy Massage
- Reiki (Master Level)
- Shiatsu
- Sports Massage
- Trigger point

## ~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~

“Thanks for the newsletter, I love it!! **SUPER~FANTASTIC!!** Full of great info.”

“Wonderful idea. I really like it. Thanks”

“Thank you, Jack, for all your information. You and Connecting Touch are a wonderful asset to the Cuyahoga Falls area. I appreciate your hard work and dedication to make us feel better physically and mentally. I am always happy in anticipation of my visit to Connecting Touch...”

“Very nice! I like how the information is in concise nuggets.”

**Do you have any comments or suggestions? Just send them to [jack@connectingtouch.com](mailto: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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