

Connecting Touch News

“Healthy Living Through Healthy Touch”

May 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> . You can download your choice of a Microsoft word file or a pdf file.

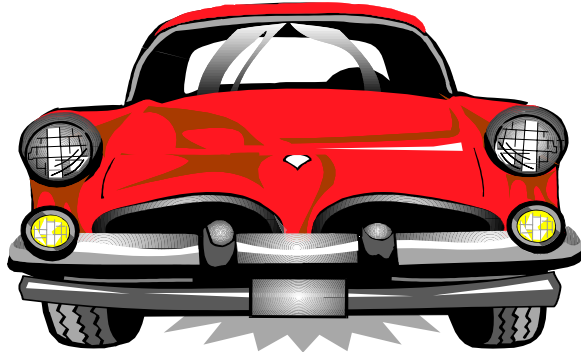
And as always, I thank you for your continued support and encouragement.

Jack Hayes

~Did You Know?~

- Massage therapy helps relieve the discomfort associated with repetitive use injuries like carpal tunnel syndrome and can aid in the healing.
- Massage therapy can increase energy and alertness.

~Business of the Month... Buckeye Car Wash~



Spring Clean Your Car FREE Car Wash from Buckeye Car Wash

From Monday through Wednesday May 22-24, anyone who receives a massage or buys a massage gift certificate will receive a **FREE** car wash from Buckeye Car Wash. The owner, John Harris, said he would give a free wash to get your car ready for the Memorial Day Weekend. Remember to thank John when you take your car into Buckeye Car Wash! Buckeye has 2 locations: 3750 Fish Creek Rd. in Stow and 917 E. Tallmadge Ave. in Akron.





M. o t h e r ' s D a y
M. a y 1 4



***Give M.om a gift certificate for a
pampering massage and we will
include the paraffin
hand treatment...FREE!***

~Frequently Asked Questions~

Where can I get the oil that you use and also the music?

We have quality oils, lotions and creams in our store. We also have a large selection of relaxation music from Twin Sisters, Michael Benghiat and Jim Oliver.

What is Lymphatic Drainage?

Massage Therapists work with flat hands, using all the fingers to simulate gentle, specific wave-like movements. These subtle manual maneuvers activate lymph and interstitial fluid circulation as well as stimulate the functioning of the immune and parasympathetic nervous systems. It is shown that when these actions are accomplished, the results can be:

- Reduction in edemas (swelling) and lymphedemas of various origins
- Detoxification of the body
- Regeneration of tissue, including burns, wounds and wrinkles
- Anti-aging effects
- Relief of numerous chronic and acute inflammations, including sinusitis and bronchitis.
- Relief of chronic pain
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Deep relaxation to aid insomnia, stress, loss of vitality and loss of memory

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 5/2 or 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/Teach

Reiki I: Sundays 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

Tai Chi Classes with Gary Harris

Tuesdays April 25-June 13 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 May 7, 2006 9:00am-1:00pm \$75

Hypnotherapy Sessions with Denny Saralino

Group sessions: 11:30am-1:30pm \$50

Weight loss: Call for date of session

Smoking cessation: Call for date of session

~News from CTT~

On April 8, 2006, we had our 10,000th client come into Connecting Touch. That lucky person received a gift bag from us of over \$200.00 worth of great products. We want to all thank each and every one of you for all your past and continued support to allow us to grow!!

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

We are proud to announce the addition of a new massage therapist to our staff, **Annie Lohmier**. Welcome Annie!!

~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 and group Hypnotherapy 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

Jennie Peterson, LMT

- Licensed 1 year and has worked here 1 year
- Fibromyalgia Massage
- Geriatric Massage
- Deep Tissue
- Myofascial Release
- Pregnancy Massage
- 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~

“Great massage...great facility.”

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

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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