

Connecting Touch News

“Healthy Living Through Healthy Touch”

May 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 the winter), 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 nonprescribed treatments.



**American
Red Cross**



Connecting Touch **Therapy & Wellness Center, Inc.**

“Your Oasis of Serenity Since 1995”

960 Graham Road, Suite 3 • Cuyahoga Falls, OH 44221 • (330) 945-9354 • (800) 565-2926
1315B Corporate Dr., Hudson, OH 44236 (330) 650-1467

&



are co-hosting a blood drive.

- **When:** Friday June 1st from 10:00 am to 2:00 pm by appointment
(the last appointment will be scheduled at 1:45 pm)
- **Where:** Connecting Touch Community Room
960 Graham Road
Cuyahoga Falls
- **Why:** As we approach the vacation season, demand for life-saving blood increases dramatically. Help us help others.
- **Call 330-945-9354 to schedule your appointment**
- Every participant will receive a gift certificate for a 10-minute chair massage from Connecting Touch as our way of thanking you!

Give Blood-Save a Life

www.connectingtouch.com

Yoga and its benefits

Yoga's Effects On the Body: The following is only a partial list of yoga's benefits:



- reduced stress
 - sound sleep
- improvement of many medical conditions
 - allergy and asthma symptom relief
 - lower blood pressure
- smoking cessation help
 - lower heart rate
 - spiritual growth
 - sense of well-being
- reduced anxiety and muscle tension
 - increased strength and flexibility
 - slowed aging process

We have three Yoga classes available per week.

Tai Chi and its benefits

Recent studies have found that regular Tai Chi practice:



- * May retard bone loss in postmenopausal women.
- * May improve circulation more effectively than other forms of exercise.
- * Improves function in the heart and blood vessels.
- * Improves knee extensor strength and stabilizes posture.
- * Improves balance and functional mobility and reduces the fear of falling in older people.
- * Lowers blood pressure almost as well as moderate aerobic exercise.
- * Reduces some stress hormones.
- * Increases energy, flexibility, balance and strength.
- * Alleviates symptoms of depression and improves mental well-being.
- * May significantly reduce chronic arthritis pain by increasing circulation and stimulating repair of damaged joints.
- * May help boost immune function and improve blood sugar control in people with type 2 diabetes.

~Remember~

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



Birthday Gift Certificates



Anniversaries or Weddings



Graduations



Mother's Day...May 13

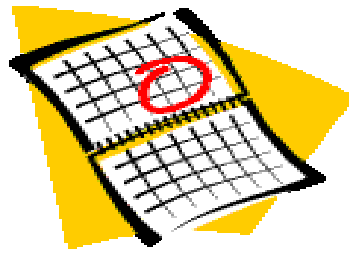


Father's Day...June 17

~Referral "Thank You" Program~



Our biggest growth has come from our own customers referring their friends and families to us. So, on July 1 we started a new program in which we thank you, our customers, for all the people you refer to us. **For each referral of a new customer, you will receive one (1) movie ticket to a Regal Theater.** Just have the referred person let us know that you referred them, and we will take care of the rest. (The referral is for a massage or Reiki treatment and the person has never been to Connecting Touch. Contact us for complete rules and guidelines.)



~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 May 20, 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

Instructor: **Heidi Shaffer**

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

Instructor: **Deidre McHugh**

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

Instructor: **Betty Zenar**

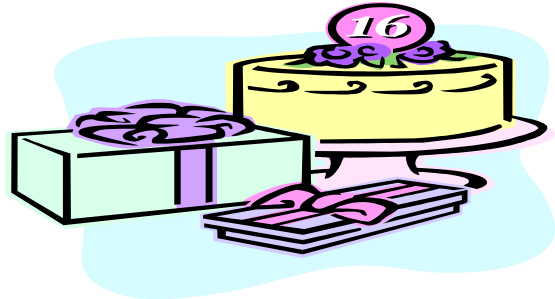
Build Your Business Seminar presented by Jack Hayes

Sunday May 6, 2007 9:00am-1:00pm \$95

~Craving Sugar?~

Health Counselor **Maggie Wiandt** will hold a seminar on Saturday June 30 from 1:00 to 2:30pm in our Community Room. The goal of this workshop is to help attendees recognize the relationship between the foods they eat and their mood, energy level and health. Call 330-945-9354 to register. Visit www.hudsonhealthcounseling.com to learn more about Maggie.

~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.

~Types of Massage~



There are many types of massage techniques. Our massage 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
Shiatsu
Polarity
Pregnancy Massage

Reflexology
Reiki
Sports massage
Trigger Point

~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

~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

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