

# *Connecting Touch News*

**“Healthy Living Through Healthy Touch”**

October 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 (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?~**

- Massage therapy is effective for relief of pain and anxiety in cancer patients.
- Massage has been proven effective for reducing pain, anxiety, stress, and depression in patients with a wide range of medical problems.

**Check out page 6 for the new referral thank-you program!!**



# **Grand Opening/Open House Hudson Office**

**On Friday October 20 from Noon to 7:00 pm, we will have our Grand Opening/Open House. Join us for light refreshments as we celebrate the opening of our Hudson office.**



**The mayor of Hudson is scheduled here at Noon to cut the ribbon as we officially open our doors.**

**We are located in the Hudson Professional Office Park at 1315B Corporate Drive just off Rte 91 (Darrow Road) across the street from Jo-Ann Stores Inc. The telephone number is 330-650-1467.**

# Thank You!!!



A big *Thank You* to all who  
attended Connecting Touch's  
**11<sup>th</sup> Birthday** Celebration!!!

See you next year on Wednesday September 12, 2007  
as we celebrate our 12<sup>th</sup> year in business!! (12 on 12)

# ~Frequently Asked Questions~

## **Can massage help cancer patients?**

Massage can be wonderfully relaxing, but it does have other important health benefits and research is revealing more every year. Massage has even been found effective for the relief of pain and anxiety due to cancer. For example, in a 2004 study at New York's Memorial Sloan-Kettering Cancer Center, 50 percent of patients surveyed after receiving massage therapy reported a decline in pain, fatigue, stress, anxiety, nausea, and depression. Within a 48-hour follow-up period, all of the patients who had reported improvement said that their symptoms remained better than they had been before massage. This is just one of many studies showing how massage can benefit cancer patients. Ongoing studies are now investigating the usefulness of massage therapy for cancer-related fatigue and for improving the quality of life among terminal cancer patients.

## **How healthy is massage? I know that massage is supposed to be good for relaxation and stress relief. Are there other ways it can improve health?**

Studies have found that massage can relieve chronic back pain, lessen the symptoms of carpal tunnel syndrome, ease post-operative pain, reduce headache frequency, relieve arthritis pain, reduce blood pressure, improve immune function, reduce symptoms among children with cerebral palsy, help ease labor pain and anxiety, reduce nausea and vomiting in post-operative patients, and ease symptoms among Parkinson's disease patients. Massage has been proven effective for reducing pain, anxiety, stress, and depression in patients with a wide range of medical problems.

(The above information was obtained from Dr. Andrew Weil's web site at [www.drweil.com](http://www.drweil.com))

Do you have a question? Just send it to [jack@connectingtouch.com](mailto:jack@connectingtouch.com) and we will answer it in a future 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 \$15 each or 4/\$48 prepaid

### **Pamper Your Partner Massage Class with Jack Hayes**

First Tuesday of the month 6:30-8:30pm 9/5, 10/3

One Saturday a month 2:00-4:00pm 10/14

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

### **Reiki Classes with Ed Coyle, Reiki Master/Teacher**

Reiki I: Sunday October 22

Reiki II: Sundays October 15 or November 19

9am-6pm, \$150 each or \$250 for I & II

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

Reiki Master Class: October 28 and November 11

### **Tai Chi Classes with Gary Harris**

Tuesdays October 24-December 12 5:30-7:00pm \$80

### **Yoga Classes**

Tuesdays 10-11:30am September 26-November 14 \$80/8 weeks

Instructor: Heidi Shaffer

Wednesdays 4-5:30pm September 27-November 15 \$80/8 weeks

Instructor: Deidre McHugh

Wednesdays 6-7:30pm September 27-November 15 \$80/8 weeks

Instructor: Betty Zenar

### **Connecting Touch's Hudson Grand Opening**

Friday October 20 from noon-7pm

### **Build Your Business Seminar** presented by Jack Hayes

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

**Check out page 6 for the new referral thank-you program!!**

## ~Acupuncture ~

**Dr. Shila Mathew, MD**, certified in Medical Acupuncture from McMaster University, is taking Saturday & Sunday appointments at both of our locations.

Dr. Mathew is also trained in GTT acupuncture to treat myofascial pain, fibromyalgia, stress, substance abuse and numerous musculoskeletal conditions. She is a member of the American Academy of Medical Acupuncture and is the medical director and co-founder of [www.holisticonline.com](http://www.holisticonline.com) . You can learn more about Dr. Mathew and acupuncture at [www.drshila.com](http://www.drshila.com) .

## ~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.)

## ~Comments~

“I look forward to the Magnificent Monday Messages and the newsletters! Thank you.”

“I would like to continue to subscribe to the Magnificent Monday message and the on-line newsletter. I really enjoy your messages and find them to be very helpful to me when I really need to have a positive in my life. Keep up the good work!”

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

# ~Community Room~

**\*Baby Shower\*\*Bridal Shower\***

**\*Birthday Parties\*\*Business Meeting\***

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.

# ~Know Your Therapist~

Each month we will feature one or two therapists.

## **Jack Hayes, LMT**

- Licensed in 1994 and the president of Connecting Touch
- Cranial Sacral
- Deep Tissue
- Myofascial Release
- Polarity
- Pregnancy Massage
- Reiki II
- Sports Massage

# ~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

Shiatsu

Polarity

Pregnancy Massage

Reflexology

Reiki

Sports massage

Trigger Point

# ~Staff~

## Massage Therapists

Michael Hale	Annie Lohmier	Bill McKinnon
Theresa Hastings	Mark Lamson	Jacqui Milford
Jack Hayes	Hallie Unkel	

## 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  
Annie Lohmier...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](http://www.connectingtouch.com)**