

Connecting Touch News

“Healthy Living Through Healthy Touch”

April 2010

About our new e-newsletter... I will be sending it out the first of each month.

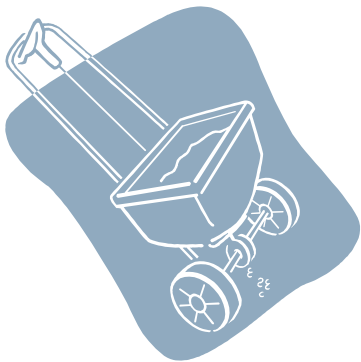
I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at jack@connectingtouch.com, and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to 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



**Massage Therapy helps those
muscles aching from all that
yard work!**



Business of the Month...

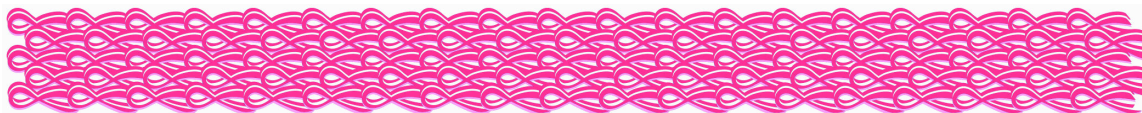


The Dragon Dream Team began through the efforts of breast cancer survivor Jessica Mader and her doctor, Akron plastic surgeon Dr. Douglas Wagner. The 76-year-old Jessica was a member of a BCS Dragon Boat team in Nova Scotia. Her enthusiasm and positive attitude while undergoing cancer treatment inspired Dr. Wagner. He offered to purchase a dragon boat and challenged Jessica to invite other patients to “get on board.” Over 70 survivors initially joined the team. Now, three times each week, paddlers dressed in their signature pink gather at *Craftsmen Park* and glide their pink Dragon Boat around the beautiful waters of Portage Lakes.

Chinese Dragon Boating began some 2,000 years ago, but this ancient sport didn't find its way to Akron, Ohio until May 2007. That's when an enthusiastic group of survivors picked up their paddles and launched Ohio's first Breast Cancer Dragon Boat on Rex Lake. Similar to sculling, Dragon Boating is one of the fastest-growing water sports in the world. Twenty paddlers sit side by side in a 40-foot boat with its colorful dragon head on the front and dragon tail on the back. A coxswain and drummer complete the crew.

The Dragon Dream Team is one of more than 100 Breast Cancer Survivor Dragon Boat Teams around the world. The Dream Team welcomes new members, and the only requirement to join is to be a breast cancer survivor. Their goal is to support and care for each other while promoting self-esteem, camaraderie and physical and emotional health and well-being. Dragon Dream Team members demonstrate a quality of life after breast cancer that exceeds all expectations.

www.dragondreamteam.org/



Please join us for the inaugural

BREAST OF FRIENDS GALA

A Dinner/Auction evening of festivities benefiting

The Dragon DreamTeam of Ohio

Ohio's First All Breast Cancer Survivor Dragon Boat Team

Friday, April 9, 2010

Thomastown Party Center

1280 Triplett Boulevard

Akron, Ohio 44312

Doors Open 6:30 p.m.

\$35.00 per person



For Information or tickets: Call 330.666.5885



Thank you!

Dr Jacob Mathew of ICBS has built and monitored our web site for over 10 years and has done a superfantastic job. However, things are changing, and he is only going to work on his own sites. We want to take this opportunity to thank him for all the hard work he has done over the years for us!!! We invite you to go to his great sites (listed below) and check out his work.

www.icbs.com

<http://www.grandmasremedies.com>

<http://www.specialgifts.com>

holisticonline.com

1stholistic.com

<http://www.entreneurismbible.com>

<http://www.ecomhelp.com>

<http://www.wholisticonline.com>

As you can see by the long list of websites that Dr. Jacob has, he is quite busy!! Thank you, Dr. Jacob!!

Jack and the staff of Connecting Touch



Hi Everyone,

We have been honored for the third year in a row by being nominated for the **Fox 8 HOT LIST for best massage in the Akron-Canton area.**

If you would like to cast your vote for us, click on <http://fox8.cityvoter.com/contests/best-of-the-akron-canton-hot-list/4762/beauty/massage> .

We thank you for your vote, but more importantly, we thank you for your support!!

Jack Hayes

~Comments~

They are incredibly nice, very helpful, and have the best trained staff anywhere. They helped me cure my tennis elbow and torn rotator cuff.

IM

It is always top of the line services. Every visit is a little piece of heaven. The owners and associates treat you with the highest levels of care. It is always a real treat to visit them anytime. You'll just feel better.

MM

At Connecting Touch I've always had the best massages. Very relaxing atmosphere. Plus the no tip policy is a nice but unheard of in most spas and salons. I would highly recommend checking them out, I tell everyone!

KI

Do you have any comments or suggestions? Just send them to jack@connectingtouch.com

~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

Our massage therapists are always continuing to learn new modalities of treatment. If the modality you want is not listed above, call to see if one of our massage therapists is trained in the modality you want.



at [Connecting Touch](#) and become a fan!



We are also on LinkedIn.

Physical Benefits of Therapeutic Massage

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance; Treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Rehabilitation post operative
- Rehabilitation after injury

Mental Benefits of Massage Therapy

- Fosters peace of mind
- Promotes a relaxed state of mental alertness
- Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Enhances capacity for calm thinking and creativity
- Emotional Benefits
- Satisfies needs for caring nurturing touch
- Fosters a feeling of well-being
- Reduces levels of anxiety
- Creates body awareness
- Increases awareness of mind-body connection

(Source: AMTA)

~Staff~

Massage Therapists

Cindy Apthorpe

Michael Hale

Audrey Zarachowicz

Jack Hayes

Reiki Master

Ed Coyle

Office Staff

Jack Hayes... President

Katie Jernigan... General Manager

Nikki Hayes... Office Manager

~About Connecting Touch~

Opened in 1995, we employ only individuals who are licensed by the State Medical Board of Ohio or certified in their field of practice, thus providing a high level of service.

We are open 6 days a week.

Hours.....Monday–Saturday 9:00am to 6:00pm

Last massage appointments are scheduled for 6:30pm Monday-Friday and 5:00 Saturday.

Connecting Touch

Therapy & Wellness Center, Inc.

960 Graham Road

Cuyahoga Falls, Ohio 44221

330-945-9354

800-565-2926

www.connectingtouch.com

**Fox 8 Hot List Winner for Best Massage
Akron/Canton Area 2008 & 2009**