

Connecting Touch News

“Healthy Living Through Healthy Touch”

March 2010

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

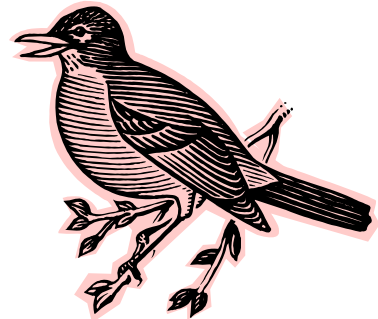
I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at jack@connectingtouch.com, and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to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



Welcome Spring!!



Business of the Month...



Actors' Summit is a small professional theater located at 86 Owen Brown Street in Hudson, Ohio. They use professional (Equity and non-Equity) actors. Their next show is *I Love a Piano*, book by Ray Roderick and Michael Berkeley with music by Irving Berlin, and it runs from March 18 through April 11. Mention **Connecting Touch** and receive \$3.00 off per ticket*.

Actors' Summit offers approximately 150 performances each year and the theater seats 120 people in a thrust configuration (also known as an “open stage”). No seat in the theater is further than 5 rows from the stage! Actors' Summit is the only year-round professional theater in Summit County.

Since their establishment in 1998, they have produced an average of 8-10 fully-staged productions annually. They have an active Education Program that provides matinee performances to local schools along with curriculum materials that contain background information, lesson plans and activities for teachers.

A. Neil Thackaberry and MaryJo Alexander are Artistic Directors.

The mission of Actors' Summit is to present professional theater created by Ohio artists for the entertainment and enrichment of our diverse community.

*Not valid with other offers. New orders only. Not available on-line. Call the box office at 330-342-0800 to place your order. Good on ticket orders for *I Love a Piano* only. Expires 3/31/10.

Actors' Summit
86 Owen Brown Street
Hudson, OH 44236

www.actorssummit.org

Pregnancy Massage

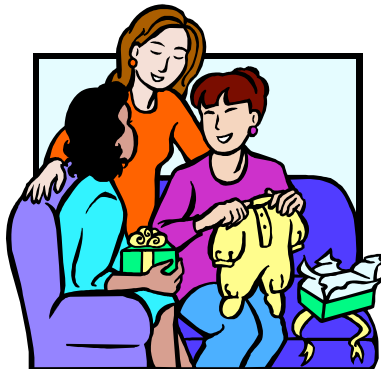
Do you know someone who is pregnant? Is she in need of a massage? Silly question!!

We have several therapists who are trained in pregnancy massage---plus we have the Prego Pillow for the expectant mom's comfort. The Prego Pillow allows the mom-to-be to lie on her stomach. This is something she probably has not been able to do for a while!

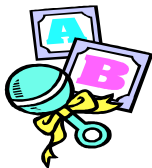
The Prego Pillow™



This special pillow allows for a comfortable massage for the mom-to-be plus allows the massage therapist to do a therapeutic massage--something the mom-to-be needs.



We also have gift certificates that would make a great baby shower gift!



Reminder!

We have specialty gift certificates for different occasions.

See below:

 **St Patrick's Day Gift Certificates**



Birthday Gift Certificates



Anniversaries or Weddings



Graduations



Mother's Day



Father's Day

...and more!!

Know Your Therapist

Audrey Zarachowicz: Graduate of the National Institute of Massotherapy and licensed in 2006. Audrey's areas of training and experience include:

- Deep Tissue
- Fibromyalgia
- Geriatric
- Hot Stone Massage
- Lymphatic Drainage
- Pregnancy
- Reflexology
- Reiki II
- Sports Massage
- Trigger Point
- Positional Release
- Thai Massage

Jack Hayes: Graduate of the National Institute of Massotherapy and licensed in 1994, he opened Connecting Touch in 1995. His areas of training and experience include:

- Cranial Sacral
- Deep Tissue
- Fibromyalgia
- Lymphatic Drainage
- Myofascial Release
- Polarity
- Pregnancy
- Reiki II
- Sports Massage
- Trigger Point

~Comments~

Excellent Value; exceptionally serene surroundings; services are offered during hours that meet today's busy schedules.

NG

Best experience I have ever had. The atmosphere is excellent for relaxation and the staff goes overboard to make it worthwhile. I highly recommend it. I certainly will not go anywhere else.

HO

From the minute I walk in, someone places a hot neck roll on my neck, brings me herbal tea and I sit in their "quiet" room, relaxing to gentle music and water splashing in the fountain. By the time I start one of the best massages that I have had, I am already relaxed and at ease. Everyone is so friendly and nice. I always feel great when I'm at Connecting Touch!

MD

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
Thai Massage

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!

~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**