

# *Connecting Touch News*

**“Healthy Living Through Healthy Touch”**

**August 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](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/newsletter/>.

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

Jack Hayes

## **Back to School time...**



**...and time to treat yourself to a relaxing massage from Connecting Touch!!**

# Featured Business of the Month



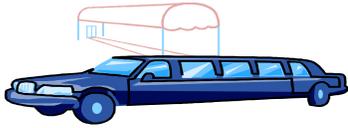
**WAPS** is a non-commercial FM radio station in Akron, Ohio broadcasting at 91.3 MHz and is owned and operated by the Akron Public School System. The station is known on the air as "91.3 The Summit", and airs an Adult album alternative (**AAA** or **Triple-A**) music format Monday through Saturday, including National Public Radio's "World Café" program 6 am to 8 am weekdays. On Sundays, specialty programs air, including a block of nationality programming in foreign languages. Seven nights a week, WAPS airs specialty music programs from 10 pm to midnight. The station also broadcasts worldwide via streaming audio from the station website at [www.913thesummit.com](http://www.913thesummit.com). It strives to offer programming not heard on the more traditional public radio stations from Kent, Cleveland or Youngstown and avoids duplicating programs found on other regional public radio stations. Nearly 90% of its programming is produced locally.

**WAPS** first signed on in September 1955, part of a state-wide educational broadcasting initiative which saw the launch of many school system-licensed radio stations across Ohio.

91.3 The Summit **WAPS-FM** is a listener-supported, non-commercial public radio serving the diverse musical culture of the Akron-Canton community as the premier source for an innovative and eclectic mix of music and specialty, cultural and nationality music programs.

[www.913thesummit.com](http://www.913thesummit.com)

# A little about stretching



Not stretch...



...stretching

## Stretching for Health

Stretching helps you feel and look better, gives you more energy, relieves tension and helps prevent injury by improving flexibility. Start a stretching regimen today. It will support you in attaining your fitness goals with greater ease and comfort.

**Never force the stretch.** Stretch smoothly and gently. Let pain be your guide. If it hurts, you are not stretching properly. The goal of stretching is to increase flexibility, not create pain.

**Remember to breathe.** Exhale as you stretch, then inhale as you hold the position, allowing muscles to relax and release. As you exhale increase the stretch slightly. Never hold your breath; relax and breathe.

**Stretch to prevent injury.** Inflexible muscles are unable to compensate for sudden movements and are prone to strains (micro tears to muscle tissue) and pulls.

**Stretch your range of motion.** Lack of flexibility in a muscle produces tension, thus constricting freedom of movement. This creates imbalances with opposing muscles, leading to structural stress and even skeletal distortion.

If you experience sharp pain, consult an appropriate health care professional to ascertain the cause.

---

## Massage Therapy and Pregnancy



If babies arrived this way, you would never need a massage therapist to help alleviate the discomfort of pregnancy. But unfortunately, babies do not arrive this way and that is where Connecting Touch comes in. Massage therapy helps to minimize stress, promote relaxation and prepare the muscles for child birth.

During pregnancy, a woman's body undergoes tremendous changes. Some of the by-products of these changes result in a number of uncomfortable conditions. Massage therapy during pregnancy helps relieve many of those complaints through the positive physiological effects of soft tissue manipulation.

Pregnancy massage is designed to help relieve particular conditions, including the following:

- Low back pain
- Swelling of hands and feet
- Headaches
- Calf cramps
- Insomnia
- Sciatic pain
- Sinus congestion

We have a special pillow, called the Prego Pillow, which enables you to be more comfortable and even lie on your stomach comfortably. Be sure to ask about it when you call for your pregnancy massage.

In most instances, pregnancy massage can be received safely. At times, there are reasons not to receive massage or precautions that your massage therapist should take. It is therefore recommended that you consult with your primary health care provider prior to receiving pregnancy massage.

Information from Benefits of Massage During Pregnancy written by Patricia J Benjamin, PhD.

---

If you haven't yet, remember to "**Like**" us on **Facebook**. We post timely information there that we do not email out. (I respect your time and I do not want to send out too many emails). Just go to the **Connecting Touch Therapy & Wellness Center Facebook** page and click "Like."  
Thank you for all your support!

---

# ~Hot Stone Massage~



**We are now  
offering  
Hot Stone  
Massage**

**Treat yourself to a one-and-a-half hour  
Hot Stone Massage and experience the  
wonderful combination of massage with  
hot stones.**

---

## ~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

# Is massage right for you? **YES!!**

**A monthly massage from Connecting Touch:**

- **Helps you stay active and healthy.**
- **Improves your overall health.**
- **Increases your immune system.**
- **Gives you that “mental health break” that we all need!**

**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 5 free paraffin hand treatments (\$60 value)**

10 Half-Hour Massages.....	\$396.00 (Save \$44.00)
10 One-Hour Massages.....	\$657.00 (Save \$73.00)
10 1½-Hour Massages.....	\$855.00 (Save \$95.00)

### **Save 5%**

**And receive 2 paraffin hand treatments (\$24 value)**

5 Half-Hour Massages.....	\$209.00 (Save \$11.00)
5 One-Hour Massages.....	\$346.75 (Save \$18.25)
5 1½-Hour Massages.....	\$451.25 (Save \$23.75)

**As with all of our massage therapy treatments, sales tax must be charged on all non-prescribed treatments.**

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

**Fox 8 Hot List Winner for Best Massage  
Akron/Canton Area 2008, 2009 & 2010!**