

Connecting Touch News

“Healthy Living Through Healthy Touch”

February 2011

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



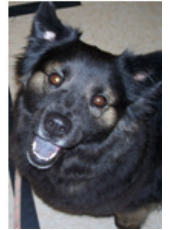
**Valentine's
Day**

Treat your sweetie to a pampering
massage with a gift certificate
from
Connecting Touch.

Business of the Month...

Double Dog Daycare...and Indoor Dog Park

Double Dog is Northeast Ohio's newest dog day care and first indoor dog park. In these cold winter months it's hard to get out to get all the exercise you and your dog both need. At Double Dog there is room to run. You can play a game of fetch, work together to master the agility course or practice basic loose-leash walking. There are several day-care packages available, including a 2-hour "Play," a half-day "Sit" and a full-day "Stay". They are completely cage and kennel free with separate space for smaller dogs and the ability to group dogs according to age and activity level. The staff includes certified dog trainers as well as certifiable dog nerds. Your dog will be loved, enjoyed and entertained, making him a more lovable, enjoyable and entertaining member of your family.



Double Dog Day Care, Inc.
3073 Graham Rd
Stow, OH 44224-3654
330-968-4272

<http://doubledogdaycare.com/>

The Benefits of Massage

This time of the year, midwinter, can be a stressful time for most of us!! When we are really stressed, we experience chronic muscle tension (especially in the neck and upper back region), short temper, anxiety, excessive worry, insomnia, chronic fatigue, general nervousness and a “burnt out” feeling.

Therapeutic massage helps restore balance and harmony in our lives. Massage also relieves many of the mental and physical problems caused by prolonged stress.

Massage therapy helps:

- trigger the relaxation response.
- relax tense muscles.
- reduce anxiety.
- normalize blocked energy flow.
- improve immune system functioning.
- restore a calm mind and feeling of well-being.

Beat the midwinter blues by getting a massage. Call for a massage appointment today!!

Remember, we are your get-away without going away.



Valentine's Day Hint Card:

Just print this page as many times as you want, cut out the cards and spread them around!!

How to use: Fill in the blanks and leave this where your “giftor” will find it—sock drawer, freezer next to the ice cream, computer keyboard...you get the idea!

Connecting Touch
960 Graham Road
Cuyahoga Falls, Ohio 44221

Dear _____,

For **Valentine's Day**, I would really love a

___ 1/2 hour massage ___ 1 hour massage ___ 1 1/2 hour massage

___ 2 hour massage ___ Hot Stone Massage ___ Couples massage

I Love You,

Call Connecting Touch at 330-945-9354, and they will even mail the certificate(s) out to you!!



Meet Our Newest Therapist

Ryan Weeden: Graduate of the Cuyahoga Community College and licensed in January 2010. He has been with us since December. His areas of training and experience include:

- Deep Tissue
- Fibromyalgia
- Geriatric
- Myofascial Release
- Pregnancy
- Sports Massage
- Trigger Point

He likes to play drums, is a life member of Kappa Kappa Psi and is vice president of the KSU Alumni Band.

We are glad to welcome Ryan as a member of our team!

Pregnancy Massage

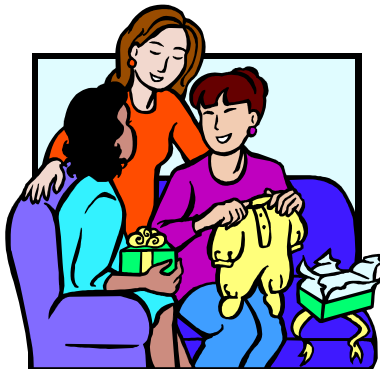
Do you know someone who is pregnant? Is she in need of a massage? Silly question!!

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 it allows the massage therapist to do a therapeutic massage--something the mom-to-be needs.

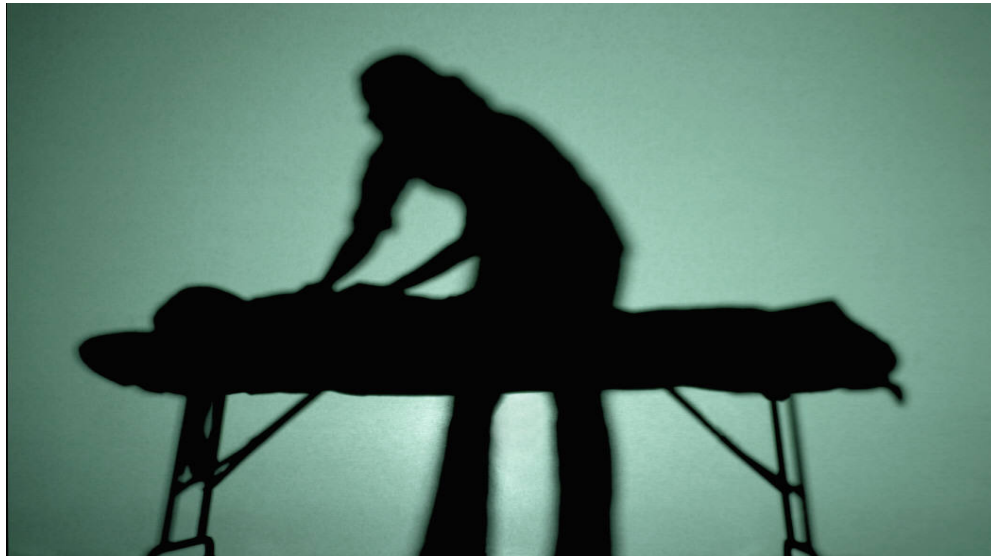


We also have gift certificates that would make a great baby shower gift!



~Comments~

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 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
Trigger Point
Polarity
Pregnancy Massage

Reflexology
Reiki
Shiatsu
Sports massage

~Staff~

Massage Therapists

Cindy Apthorpe

Michael Hale

Ryan Weeden

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 at 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 & 2010**