

# *Connecting Touch News*

**“Healthy Living Through Healthy Touch”  
February 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/ct/newsletter/default.htm>.

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

Jack Hayes

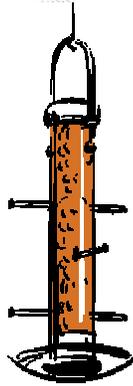


**Valentine's**

**Day**

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

# Business of the Month...



Wild Bird Centers, located at 130 West Streetsboro St. Hudson Ohio right next door to Perkins Restaurant, is owned and operated by Bob and Carol Zollars. "We specialize in providing a better backyard bird feeding experience," says Bob, president.

Bob and Carol have been avid backyard birders for 15 years. The Wild Bird Center of Hudson opened in February 2007 and received the "Rookie of the Year" award at the franchise convention in 2008. They are pleased to offer the finest in seed, products and service for all of your backyard birding needs.

The Wild Bird Center of Hudson will celebrate its **3rd anniversary** on Saturday February 20. Refreshments will be provided. Stop by the store between February 1 and February 20 to enter drawings for a spotting scope and a bird house! Guess the correct number of M&Ms in the feeder to win the candy AND the feeder! Drawing will be held on February 21.

**330-655-2473**

<http://www.wildbird.com/franchisee/hud/home>

# 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:

- Ø trigger the relaxation response.
- Ø relax tense muscles.
- Ø reduce anxiety.
- Ø normalize blocked energy flow.
- Ø improve immune system functioning.
- Ø 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

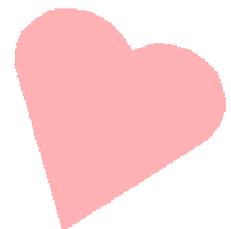
\_\_\_ 1/2 hour massage \_\_\_ 1 hour massage \_\_\_ 1 1/2 hour massage

\_\_\_ 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!!



# Know Your Therapist

**Mike Hale:** Graduate of the Ohio College of Massotherapy and licensed in 1999. Mike is the therapist with the most seniority, having been with us since 1999. His areas of training and experience include:

- ØCranial Sacral
- ØDeep Tissue
- ØFibromyalgia
- ØGeriatric
- ØNeuromuscular Therapy
- ØPregnancy
- ØShiatsu
- ØSports Massage
- ØTrigger Point

**Cindy Apthorpe:** Graduate of the Ohio College of Massotherapy and licensed in 1999, she has been with us since 2007. Her areas of training and experience include:

- ØDeep Tissue
- ØFibromyalgia
- ØGeriatric
- ØMyofascial Release
- ØPregnancy
- ØReiki
- ØSports Massage

# Pregnancy Massage

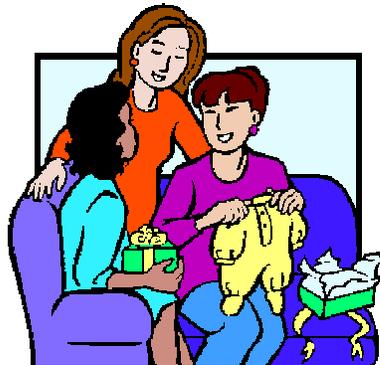
Do you know someone who is pregnant? Is she in need of a massage? Silly question!!

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!



## ~Comments~

This place is like a vacation--- great atmosphere and experience from start to finish. The people that work there are happy and have great energy- truly a gem of a place. It's the best experience - just what you want when you get a massage. AP

Connecting Touch is a wonderful place to get a message. The people are experts at what they do. I feel like a new person after a visit to Connecting Touch. They are warm and welcoming. They not only work out my "kinks" ... they make me feel special, too. FN

Everyone is so nice, they give fantastic massages, staff is very professional. CM

We always look forward to your comments and suggestions so feel free to forward them to me. *Jack*

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

Audrey Zarachowicz

Michael Hale

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**