



# Heart to Hearts

*A women's wellness organization whose mission is to educate women and their families about healthy lifestyles*

January – March 2011

## Programs and Meetings

### Wellness Evaluation

Heart to Hearts, Inc. offers a comprehensive personal wellness evaluation which covers individual and family medical history, eating habits, body type and metabolism. An experienced medical professional will review your individual data and assess your risk for certain diseases, such as cancer, diabetes and heart disease. Nutritional guidelines and fitness recommendations are provided. Call Terry Tucker RN at (609) 771-9048 for an appointment.

### Yoga for the Healthy Heart

Classes resume on Monday January 17th and will be held every Monday evening from 7 – 8 p.m. at the Wellness Center at 20 Armour Avenue in Hamilton. Yoga instructor Brian Critchley CMT, RYT will conduct the gentle yoga classes. The classes are offered as a series of three or six sessions, or on a “drop in” basis, pay as you go. Contact Sue Methot at 609-689-3131 or [info@hearttohearts.org](mailto:info@hearttohearts.org).

### Annual Meeting – January 27th

The annual meeting will be held on Thursday January 27th at the Wellness Center. The meeting begins at 7 p.m. and includes election of officers, goals for 2011, upcoming programs and an open discussion where members can share their ideas. Members are welcome to bring guests. Light refreshments will be served. If you plan to attend, please RSVP at 609-689-3131 or [info@hearttohearts.org](mailto:info@hearttohearts.org).

### Detox Class – February 1st

Kate Thomsen, MD MPH, will conduct this program based on a dietary cleansing method which incorporates food and supplements. Dr. Kate specializes in functional, integrative medicine. In-

roduction to Detox is February 1st at 7 p.m. at the Wellness Center. Dr. Kate will answer any questions and fully explain the benefits of cleansing the system of toxins in a safe manner. The two-week detox period runs from February 15th to March 1st. Classes will be held at 7 p.m. on both dates. Registration is required. Contact 609-689-3131 or [info@hearttohearts.org](mailto:info@hearttohearts.org)

### Monthly Member Meetings

#### – Feb. 17th and Mar. 17th

We are pleased to announce that monthly member meetings will now be held on the third Thursday of the month. The meetings will be from 7 p.m. to 8 p.m. at the Wellness Center. Each month we will focus on one health topic and give an update on items of interest. These meetings are free for members. If you know a prospective member who is interested in learning more about Heart to Hearts, please bring her (or him) along.

### Better Backs – Feb. 23rd

Many of us suffer from backaches and pains that can be helped through proper exercises. Charlene Henry, M.Ed., American College of Sports Medicine (ACSM), certified personal trainer, will demonstrate exercises for the lower back that can increase mobility and flexibility to help reduce back pain. The class will be held at the Wellness Center on Wednesday February 23rd from 7 p.m. to 8 p.m. at a cost of \$15. Due to our lifestyles, work habits, modern technology and other factors, including aging, it is important to learn proper movement of the joints and whole body movement. Anyone suffering from orthopedic or nerve issues will need a physician's release to participate

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## Classes

### Nutrition Support

Nutrition support group meets to discuss recipes, practical tips and healthy eating habits, food shopping and meal preparation in a small group setting. Sessions will be held at 7 p.m. on January 10th and 24th, February 21st and March 21st. Call Terry if you are interested, 609-771-9048.

### Reiki Classes

Reiki is a gentle technique for stress reduction and relaxation that also promotes healing. It helps to rebalance your system and leaves you with a sense of well-being and calm. Enjoy a Reiki session at the Wellness Center by appointment. Call Annette Krier, RN, Reiki Master, 609-585-3072.

### Therapeutic Laughter

Join us for some fun, laughter and exercise to prevent “hardening of the attitudes.” For information contact Marie Bethke, RN, CLL at 609-585-3972 or e-mail [love2laugh@att.net](mailto:love2laugh@att.net).

### The Red Hat “Chuckeliers”

Country Jamboree Pasta Dinner on Friday, February 11th, from 6 – 9 p.m. at Christ Presbyterian Church, 746 Klockner Road, Hamilton. Cost for adults is \$10. Music by Ron Crites. For more information or tickets, contact Marie Bethke at 609-585-3972, or [love2laugh@att.net](mailto:love2laugh@att.net).

### Massage Therapy

Massage therapy sessions offered by appointment. Guaranteed 1-1/2 to 2 hour full body customized massage by an excellent practitioner who is also certified in massage for cancer and hospice patients. Cost is \$75. For more information or to book an appointment, call Arlene Hancock LPTA, CMT, at 609-695-3557.

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## Letter from Terry Tucker, President

I hope you and your family had a wonderful holiday season. We at Heart to Hearts wish you a very healthy and happy 2011. Heart to Hearts is entering its 12th year of offering women and their families medical educational seminars and programs to promote healthy lifestyles.

Our 7th Women's Wellness Day was a tremendous success and we are pleased that so many of you were able to attend and hear Dr. Marie Savard. Special thanks go to our host, ETS for the facility, Princeton HealthCare System and the physician speakers, our sponsors: Bristol-Myers Squibb, Lawrenceville Home Improvement, Mercer County Commission on the Status of Women and Ortho-McNeil-Janssen Pharmaceuticals, Inc., Patton, Heide and Associates, and our Patrons and Friends. Without your support and that of our community advertisers, exhibitors, board members and volunteers, Wellness Day would not be possible.

We plan to continue our relationship with Dr. Marie and follow her message of taking care of ourselves with the support of our friends and families. We have set the date — November 5th, 2011 — for this year's Wellness Day, so mark your calendars and save the date.

Our annual meeting will be held on Thursday, January 27th, 2011 at 7 p.m. at the Wellness Center located at 11 Armour Avenue, Hamilton, NJ. The agenda will include election of officers and our 2011 meeting and program calendars. Please read the newsletter for more details on upcoming programs.

In 2011, we will increase our focus on fitness programs. Monday night Yoga classes will continue. A back exercise program is scheduled to start in February. Monthly member meetings, a new board initiative, will take place on the third Thursday of each month. Many interesting topics will be discussed at these meetings. See the calendar on the back page.

Dr. Kate Thomsen will again offer a Detox class, starting with an introduction on February 1st. The two-week detox period runs from February 15th to March 1st, beginning and ending with classes. She will also introduce a four part series on osteoporosis, called Better Bones, beginning on March 8th.

We are pleased to continue our relationship with Project Freedom in Lawrence and will provide classes on nutrition, cooking and chair massages to their residents. Last year's Healthy Lifestyles program for Project Freedom tenants at Trent Center in Trenton was very well attended and provided a rewarding experience for everyone who participated. We also partnered with Project Freedom to hold a Wellness Fair in June 2010 which was a huge success.

Join us on Sunday, May 1st, for the 10th Annual World Laughter Day Race/Walk. Held at Veterans Park, Hamilton, this fundraiser benefits Mercer County Project Life Saver and Heart to Hearts. Project Life Saver provides transmitters for people with Alzheimer's, autism and dementia.

We continue to partner with the Shaping New Jersey initiative which is working to reduce the epidemic of obesity in the young (ages three months to 18 years). In addition, we have joined the Mercer County Coalition on Cancer, which is part of a statewide effort to reduce cancers through prevention and diagnostic methods.

Thank you for your continuing support as members and volunteers. If you have not yet joined Heart to Hearts, I encourage you to do so. We also have many volunteer opportunities and would welcome your help. Contact Sue Methot at 609-689-3131 or [info@hearttohearts.org](mailto:info@hearttohearts.org) for more information.

Sincerely,

*Terry*

### Heart to Hearts, Inc.

*Empowering Women  
through Education*

#### Advisory Committee

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# Wellness Day, November 20, at ETS



Above left: Terry Tucker, Dr. Marie Savard and Sue Methot. Center: Wendy Cohen gets a chair massage from Fred Hicks. Above right: Laurie Samuels discusses healthy foods. Middle left: Jean DiMarco and delicious desserts. Right: Laurie Russell of ETS with Phyllis and Elise Wilmot. Bottom left: Dr. Dana Supe with Dee Burrell. Right: A lucky volunteer (right) gets fashion tips from Janet Cargill.



## Programs and Meetings, *continued from Page 1*

in this class. Pre-registration is required. Contact Sue Methot at 609-689-3131 or [info@hearttohearts.org](mailto:info@hearttohearts.org).

### Better Bones – March 8th

This series on osteoporosis will be conducted at the Wellness Center by Dr. Kate Thomsen. The first class in the series is Tuesday, March 8th at 7 p.m. The hour and a half classes will focus on all aspects of building better bones, covering the importance of healthy bones as we age, information on osteo-

porosis and osteopenia, and a practical approach to improving your bones.

### Reiki Classes

Learn the practice of Reiki by attending instruction provided by Reiki master, Annette Krier, RN. Classes will be held on March 24th and 31st at the Wellness Center from 7:30 – 9:30 p.m. For more information or to register, contact Annette at 609-585-3972.

## Classes, *continued from Page 1*

### World Laughter Day Race/Walk

Join us for this race to raise money for Project Life Saver to benefit individuals with Alzheimer's, dementia and autism. Sunday, May 1st at Veterans Park, Hamilton, NJ.

Send the enclosed entry form or call 609-585-3972. Registration is at 8:00 a.m. on the day.

# HEART TO HEARTS CALENDAR

## Save the Dates!

January 27	Annual Meeting
February 17	Member Meeting
February 1	Introduction to Detox
February 15	First Detox Class
February 23	Better Backs Class
March 1	Second Detox Class
March 8	Better Bones Class
March 17	Member Meeting
March 24 and 31	Reiki Class
April 21	Member Meeting
May 1	World Laughter Day Race/Walk
May 19	Member Meeting

June 16	Member Meeting
September 15	Member Meeting
October 20	Member Meeting
November 5	Women's Wellness Day
December 15	Member Meeting

*The Annual Meeting and all monthly member meetings will be held at the Wellness Center at 7 p.m.*

*Our tenth Annual World Laughter Day Race/Walk will be held at Veterans Park in Hamilton, at 9:30 a.m.*

*The eighth annual Women's Wellness Day will be held at Educational Testing Service, Princeton, from 8 a.m. to 2 p.m.*

### ONLINE PURCHASE OF VITAMINS AND SUPPLEMENTS

Purchase Metagenics vitamins online and have them delivered direct to your home or office – with free shipping for orders over \$100.

Log on to [www.hearttohearts.org](http://www.hearttohearts.org) and wait three days before you make your purchase. New customers to this site have to be recognized for the discounts to

apply. This normally takes three days.

You only have to create your password once.

Our On-Line Store can be accessed from the Heart to Hearts home web page by clicking on the Online Store icon at the top of the page. Any questions, call 609-689-3131.

### ADDRESS SERVICE REQUESTED

A Women's Wellness Organization  
"Empowering Women Through Education"

Heart to Hearts, Inc.  
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