



Heart to Hearts, Inc.

Apr.-May
2008
Newsletter

*A Women's Wellness Organization committed to Empowering Women
Through Education*

ONGOING CLASSES

♥ 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 – Wednesday evenings and Saturday mornings. 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

♥ 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 on April 7th, 21st and May 5th and 19th. Call to register (609) 689-3131.

♥ Massage Therapy

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

♥ Adventures of The Red Hat “Chuckeliers”

Red Hat Night At The Thunder.
5:45 PM Meet in front of the Ballpark for a Pre-Game Red Hat Parade . Start of the Game 7:05 PM. Tickets \$7.

If you would like to join us please let me know.
Marie Bethke (609) 585-3972 or
e-mail love2laugh@att.net.



Visit us on the Web!

www.hearttohearts.org

Programs Offered Exclusively by Heart to Hearts

Wellness Profile

Heart to Hearts, Inc. offers a unique wellness program with its comprehensive personal wellness evaluation. The evaluation covers personal and family medical history, eating habits, body type and metabolism. Meet with an experienced medical professional to review your individual data and assess your risk for certain diseases, such as cancer, diabetes and heart disease. Receive nutritional guidelines and fitness recommendations. Call Terry Tucker, R N at 609 -771-9048 to schedule.

Health Portfolio

Learn how to create and manage your personal medical portfolio. Class is open to both women and men and is held at the Wellness Center. Next Health Portfolio class will be held on May 10th from 10-12 am. Call to register (609) 771-9048.

Yoga for the Healthy Heart

Yoga classes are held on Tuesday evenings at the Wellness Center from 7pm to 8 p.m. We are pleased that Trish Lowere who has trained in Soma Yoga is our instructor. If you are interested, call Terry Tucker on 609 771-9048.

Upcoming Programs

“**Diagnosis and Treatment of Fibromyalgia**” presented by Louis Tsarouhas, MD, Clinical Instructor, Robert Wood Johnson Medical School will be held on Wednesday **April 2nd** at Project Freedom Community Center, 1 Freedom Blvd, Lawrenceville. **Registration at 6:30 pm** with dinner and presentation to follow. The program, sponsored by Pfizer, is open to the public but seating is limited, so call to reserve your seat at 609-771-9048.

“**Fireside Chat**” will be held on Tuesday **April 15th** at Panera’s restaurant, Nassau Park Mall, Lawrenceville, for new and prospective members of Heart to Hearts. You are invited to join us and learn more about our organization while enjoying a pleasant evening with good company. Feel free to eat dinner during our discussion. Dessert will be provided by Heart to Hearts. **6 pm to 8 pm**

Heart to Hearts is proud to sponsor two charitable walks both to be held at Veterans Park in Hamilton.

RAVE Walk on Saturday **April 26th** held by Zonta Club Trenton/Mercer. Proceeds to benefit WomanSpace. Call 609-902-4885 or 609-947-1644 for more information.

World Laughter Day Run/Walk on Sunday **May 4th**. See inside flyer for more information. Proceeds to benefit Project Lifesaver.