



Heart to Hearts, Inc.

Autumn 2009
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. 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.

♥ 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 September 14th and 28th, October 12th and 26th. Call Terry for information (609) 771-9048

♥ 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”

October 9th “Country Jamboree”
Ron Crites, Country Variety Solo Artist
Dinner Fun Festivities for all ages
Place: White Horse Fire House, Hamilton NJ
Cost: Tickets \$10 (\$12 at the door)
Time: 6:00 – 9:00 PM
For information Call Marie on 609-585-3972 or
Joan 609- 426-1828 or
e-mail love2laugh@att.net

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.

Upcoming Programs /Meetings

Introduction to Reiki and Meditation

Class will be conducted by Annette Krier, RN, Reiki Master from **7-8pm on Sept, 24th** at the Wellness Center. Reiki is a 2,500 year old practice of channeling high vibrational energy. It is a gentle laying on of the hand method that stimulates the body's own innate wisdom to create and restore optimum health and well being. The class will end with a meditation which is a stress management technique intended to be relaxing and calming. Please call 609-689-3131 to register.

Health Portfolio

Learn how to create and manage your personal medical portfolio. Class is open to both women and men. Part 2 will be held at the Wellness Center on **October 8th from 7 – 9pm**. Call Terry to register (609) 771-9048.

Wellness Day Committee meetings will be held on 9/16, 9/29,10/14,10/21,10/28 and 11/4 and 11/11 at 7pm at the Wellness Center. Consider placing an ad for your business in our program book; making either a monetary donation or an item or gift certificate for our Basket Raffle; or become a sponsor (\$25 and up). Contact Terry or Sue at 609-689-3131.

Heart to Hearts will support SERV Centers of NJ by having a table at their **“In Celebration of Wellness”** event in Ewing on **September 9th from 10 am to 2 pm**. For more information, contact Shirley Stewart at 609-671-0081.

Visit our Website – www.hearttohearts.org for more information about Heart to Hearts and the Wellness Day.

Membership – Show your support by becoming a member of Heart to Hearts. Join now and save \$10 on your registration cost for Wellness Day. Contact Sue Methot for more information. Call 609-689-3131 or email info@hearttohearts.org

For more information or to register for programs please call the Wellness Center on 609-689-3131 or send an email to info@hearttohearts.org
Web site: www.hearttohearts.org



Visit us on the Web!
www.hearttohearts.org

Register by October 18 to attend our 6th annual Women's Wellness Day!

When: Saturday, November 14th from 8 am to 3 pm

Where: Educational Testing Service, Carter and Rosedale Roads, Princeton NJ

Keynote speaker: Mary LoVerde, RN, MS a national motivational speaker on life balance who has appeared on the Oprah Winfrey show, ABC News and 20/20. The author of several books, her topic is “I Used to have a Handle on Life but It Broke: Innovative Strategies for Keeping Your Life in Balance”. See enclosed flyer. A book signing will follow her talk.

Lectures: Emotional Eating, Everyday Personal Safety for Women, Women’s Mental Health, Safe Use of Herbs and Supplements, Laughter for the Hearts
Health screenings and community education by Princeton HealthCare System

Chair massages by Arlene Hancock and colleagues

Reiki and Meditation by Annette Krier and Rebecca Davis.

Exhibitors: 35 exhibitors with a variety of products and services.

Food: Nutritious breakfast and lunch and wonderful homemade desserts

Cost: \$45 for members and seniors (60+) (join as a member and save \$10)
\$55 for general public

Special features: Basket auction with many lovely items, Door prizes, 50/50 raffle

Registration forms available on the website, www.hearttohearts.org , by calling 609-689-3131 or email info@hearttohearts.org

Holiday Cash Raffle

This year we have decided to have a **50/50 Raffle** rather than a holiday cruise. Given the current state of the economy season, it seemed that people would prefer the opportunity to win spending money for the holidays. 1st, 2nd and 3rd place winners will be drawn from the proceeds. Donation: \$5.00 for one ticket, 3 tickets for \$10.00. Tickets are available by contacting Lori Kaniper at 609-638- 7935 or Jean DiMarco at 609- 882-8822. They will also be on sale at the Wellness Day. The drawing will be at 2:30 pm - you do not need to be present to win!

Heart to Hearts Vitamins

Heart to Hearts is an authorized representative for the sale of Metagenics vitamins. We do this as a fundraiser at a cost that is below what you would pay at a physician's office. Metagenics vitamins and supplements are a high quality product that cannot be purchased in retail stores but only through an authorized medical office or organization. We suggest that you use good quality vitamins and supplements in conjunction with a healthy diet and discuss any questions regarding your use of them with your physician. Following is a list of our products and prices. Please contact Terry Tucker at 609-771-9048 if you are interested in these products or in attending our Vitamins and supplements class.

Item	Price		
Actifolate	\$10.00		
B Complex with C	\$ 9.00	(100 tablets)	\$19.00 (250 tablets)
Cal Apatite Forte	\$20.00	(90 tablets)	\$35.00 (180 tablets)
Cal Apatite chewable	\$19.00		
Chondrocare	\$63.00		
Fish Oil Tablets	\$19.00	(60 tablets)	\$35.00 (120 tablets)
Fish Oil Liquid	\$30.00		
Flaxseed	\$25.00		
Folic Acid (250 tablets)	\$10.00		
ImmuCore	\$25.00		
Multivitamin	\$19.00	(90 tablets)	\$35.00 (180 tablets)
NanoCell-Q	\$28.00		
Ultra Inflamm X360	\$45.00		
Ultra Meal 360	\$38.00		
Vitamin D	\$19.00		

Metagenics Protein Bars

\$30.00 per box \$2.75 per bar

Cookies & Cream Peanut Butter Double Chocolate

Prices effective as of 6/01/09