

# Heart to Hearts

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

January - March 2012

## Programs and Meetings

### Wellness Evaluation

Heart to Hearts, Inc. offers a comprehensive personal wellness evaluation that covers individual and family medical history, eating habits, body type and metabolism. An experienced medical professional will review your personal 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 are held at the Wellness Center on 20 Armour Ave. in Hamilton on Monday evenings from 7 – 8 p.m. Yoga instructor is Brian Critchley. Classes start January 2 and 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).

### Monthly member meetings

Member meetings are held on the third Thursday of each month from 7 to 8:30 p.m. at the Wellness Center. Dates for the first quarter are January 19, February 16 and March 15. The meetings are free for members. Guests are welcome. Donation for a guest is \$5. Refreshments are provided. See back page for 2012 meeting schedule.

### Better Backs

Charlene Henry, M.Ed., American College of Sports Medicine (ACSM), certified personal trainer demonstrates exercises for the lower back that can increase mobility and flexi-



L to R: Terry Tucker, president, Christine Pirello, Wellness Day keynote, and Sue Methot, VP.

bility to help reduce back pain. Classes are held at the Wellness Center on the following Wednesdays: January 25, February 29 and March 14. The \$15 cost includes personalized guidelines tailored to each individual. Anyone suffering from orthopedic or nerve issues will need a physician's release to participate in this class. Contact Sue Methot at 609-689-3131 to register.

### Meditation/Stress Management

Want to learn to eliminate stress and chaos in your daily life? Join us in an introductory meditation class conducted by Annette Krier, RN, Reiki Master. You will learn specific techniques to find inner peace and relaxation. A daily meditation practice will enhance your life as well as your health and these tips will help you to do so. Class will be held on Tuesday January 17 from 7 to 8 p.m. at the Wellness Center. In case of bad weather, the class will be held on January 24. Five dollar donation to Hearts to Hearts for this first class. Call 609-689-3131 to register.

## Classes

### Nutrition Support

The nutrition support group meets to discuss recipes, tips, healthy eating habits, food shopping and meal preparation. Sessions will be held at 7 p.m. on January 9, 30, February 13, March 5, 19. For more information, call 609-771-9048.

### Massage Therapy

Massage therapy sessions offered by appointment. Guaranteed 1-1/2 to 2 hour full body customized massage. Cost is \$75. Call Arlene Hancock LPTA, CMT, at 609-695-3557.

### New Member Orientation

Enjoy Tea with Terry and learn about Heart to Hearts. Orientation session on March 12. Call Terry at 609-771-9048.

### Orientation to Pilates

Bonnie Coiro, Certified Mat Pilates instructor and licensed Physical Therapist assistant will offer an introductory Pilates class on Monday February 27 at 5 p.m. Pilates is a system of exercises designed to develop better flexibility and improve balance, posture, breathing and endurance. Contact Terry at 609-689-3131.



## Heart to Hearts, Inc.

*Empowering Women  
through Education*

### Advisory Committee

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Elisabeth Hagen  
Suzanne Methot

## Letter from Terry Tucker, President

First let me wish each of you and your families a very happy and healthy new year. I want to thank you for your support not only in 2011 but in the previous years as well. We are looking forward to a wonderful year in 2012.

Our eighth annual Women's Wellness Day, last November, was a tremendous success and we are pleased that so many of you were able to attend and hear Christine Pirello, Emmy award-winning chef and author. She was a wonderful keynote speaker. I think we all walked away with many healthy cooking tips especially for the holidays. Everyone enjoyed the day and we are grateful to ETS, Princeton HealthCare System and all of our speakers, sponsors, advertisers, exhibitors and volunteers for making it a special day for all who attend. A special thank you to our Board Members for their dedication and ongoing support.

We ended the year with a lovely holiday dinner at Project Freedom in Lawrence, where we all shared good food and company. The 50/50 Holiday Raffle winners were announced. Congratulations to our winners: Julie Gallagher and Rick Methot.

Our calendar for 2012 includes classes, monthly membership meetings and medical seminars. We hope you will attend. On Sunday May 6 we have our Project Lifesaver/World Laughter Day 5K walk/race in Veterans Park, in Hamilton, and on November 10, our Wellness Day.

We are approaching the 'flu season. Be sure you receive your 'flu vaccine. If you are 65, or have a history of pneumonia or respiratory problems, you should also get a pneumonia vaccine. Check with your doctor for the vaccines. During the winter months, it is very important to take your vitamins and supplements. You can order them directly from me, or online at [www.hearttohearts.org](http://www.hearttohearts.org).

We are pleased to continue our relationship with Project Freedom in Lawrence, thanks to a grant from the Lawrence Township Community Foundation, and will provide classes on nutrition, cooking and chair massages for its residents. We will also continue our partnership with Shaping NJ and the Mercer County Cancer Coalition.

The 2012 calendar of member meetings is on the back page of this newsletter. Be sure to mark your calendar for our January 19 meeting. The mini health topic will be "Colds and Flu" presented by Dr. Kate Thomsen. We also plan to open a Hunterdon chapter and will be scheduling meetings in Flemington.

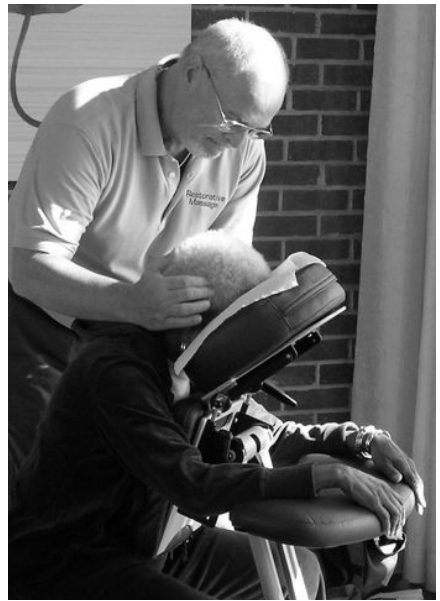
Stay healthy,

*Terry*

## Special thanks to our Wellness Day volunteers

Karen Baker	Rick Methot	Kathleen Thomsen
Lindsay Condrat	Sue Methot	Kris Tucker
Tonya Coy	<i>(co-chair)</i>	Terry Tucker
Jean DeMarco	Sandra Obstein	<i>(co-chair)</i>
Liz Hagen	Carrie Palombi	Tom Tucker
Arlene Hancock	Phyllis Pietras	Carmela Tyson
Julie Gallagher	Carol Rickard	Susan Valentine
Katie Gribbin	Diana Russo	Harriet Williams
Michelle Heide	John Russo	Rufus Williams
Annette Krier	Kathy Russo	Liz Wilk
Kristin Krier	Paul Russo	Stan Wilk
Carrie McLaughlin	Rina Shack	Beverly Yard

# Wellness Day, November 12 at ETS: some people you know!



Above left: Karen Baker and Charlene Henry. Center: Stephanie with Henry and Sue Methot. Above right: Fred Hicks and massage client. Left: Sandy Burdulis of Penn Cardiac Care. Below: Carmela Tyson, Alice Harkness, Lillian Donini. Bottom left: Dr. Kate's audience. Bottom right: Bev Tucker gets a checkup with PHCS.



