

Heart to Hearts, Inc. Message from Terry Tucker, President

To all of our friends and supporters:

I hope you all had a happy holiday and are looking forward to a healthy and productive new year. We had our Annual Meeting on December 30 and elected the officers for 2005. Congratulations to the new officer group: Terry Tucker - President, John Russo - Vice President, Sue Methot - Secretary and Marie Soffel - Treasurer.

We also had the 50/50 raffle drawing and the lucky winner was Belgica Cedeno, #316 who won \$1900 -Congratulations! This was a great fundraiser for our organization and will help to fund the many education programs we plan to offer in 2005. Thanks to all of you who supported this fundraiser by purchasing and selling tickets.

I am very excited about the programs we will be offering in 2005 some of which are:

- A Wellness Program for residents of Project Freedom which is a residential facility for handicapped individuals with funds provided by the Lawrence Township Community Foundation. The program will focus on nutrition, fitness and stress management.
- We expect to continue to work with the seniors at Lawrenceville Plaza in bringing them our Laughter for the Healthy Heart program and an Energy Exercise series .
- On February 4 the American Heart Association is sponsoring a Go Red for Women campaign to focus attention on the number one killer of women—cardiovascular disease. We are supporting this campaign to empower women to take charge of their heart health to live longer, stronger and healthier lives. More information to follow.
- Our Women's Wellness Day was so successful that we plan to have it again this year. It will be held in October and we will be getting information to you later in the year.

Save October 22nd on your calendars and tell your friends.

- We plan to have Dr. Kate Thomsen who was our keynote speaker at the Wellness Day develop a series of programs on several topics relating to Women's Health Issues, such as Environmental Threats to Women's Health, Understanding Osteoporosis Risks, Heart Health, and Preventing Breast Cancer.
- We will resume our Nutrition Support group meetings, offer classes on Conscious Eating for a healthier lifestyle, and will introduce a new class on how to build a Health Portfolio for you and your families. We will continue to offer our Wellness Profile evaluations.
- We have expanded our Qi Gong classes to twice weekly on Tuesdays and Thursdays and will continue to offer Ohashiatsu sessions with Andrzej Leszczynski and our Laughter Programs with Marie Bethke.

We are looking forward to an exciting year and to sharing it with you. If you or anyone you know is interested in becoming a member of our organization, the dues are \$25 for an individual and \$50 for a family. You can contact me on 771-9048 or check our website which is www.hearttohearts.org for more information about the benefits of becoming a member.