



Heart to Hearts – March/April 2005

ONGOING CLASSES

♥ Ohashiatsu Sessions

Come and feel the therapeutic benefits of the Ohashiatsu method. It relaxes and energizes; relieves tension, stiffness and fatigue; and strengthens health of body, mind and spirit. Hour long sessions with a certified practitioner cost \$60.

Available by appointment. Call Terry Tucker at (609) 689-3131.

♥ *Laughter For The Heart*

The first Monday of each month at 6 pm you can join us for some fun, laughter and exercise to prevent “hardening of the attitudes”.

Marie Bethke, RN, CLL

♥ Qi Gong

Qi Gong is a system of exercise created to bring back a free energy flow to achieve good mental and physical health. Learn proper breathing techniques, experience deeper levels of relaxation and self-awareness. Hour long classes cost \$10 and are held every Tuesday and Thursday at the Wellness Center at 4pm & 6:30pm Andrzej Leszczynski, Instructor.

♥ **Adventures of The Red Hat** “Chuckeliers”

Red Hat Day Celebration

April 25th from 1pm to 3 pm at Barnes and Noble Bookstore in the Hamilton Market Place on Route 130 in Hamilton, N.J. Join us for some surprises, prizes and fun. For more information, contact Marie Bethke 609-585-3972

♥ **Volunteer Meeting**

March 7th and April 14th meetings will be held at the Wellness Center at 7pm. If you would like to be a volunteer with Heart to Hearts, make a valuable contribution and meet some great people, come join us. For more information, contact Marie Bethke 609-585-3972

Programs Offered Exclusively by Heart to Hearts

Wellness Profile

Heart to Hearts, Inc. offers a unique wellness program with its comprehensive 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 risk for certain diseases, such as cancer, diabetes and heart disease. Receive a personal portfolio, which includes nutritional guidelines and fitness recommendations.

Consultant: Terry Tucker, RN (609) 689-3131

Future Programs

Nutrition Support Group

Small group sessions are held every other Wednesday at the Wellness Center at 7:15 pm. They will be held March 9th, 23rd, April 6th and 27th. These sessions review nutritional guidelines for healthy eating and provide a support network for people who want to make healthy eating part of their lifestyle. Energy Exercise sessions are offered as part of the support group.

Health Portfolio Classes

Learn how to build your personal medical portfolio! Open to both men and women the two-part program will be held at the Wellness Center on April 4th and April 18th at 7:00 pm. The classes will review the importance of keeping accurate medical and health records, how to make your visits to your health care provider more effective and how to put a personal portfolio binder together. Call 609-689-3131 to register.

Alzheimers Program

There will be an important program on the diagnosis, treatment and management of Alzheimers disease on March 30th at 7 pm.

Dr. Nasir Shaikh is the featured speaker at the program which will be held at the Lawrenceville Public Library on Darrah Lane and Route 1. Dr. Shaikh, a board certified practitioner affiliated with the Princeton Medical Center, will discuss the medical aspects of this crippling illness and Laura Holly Dierbach of the Alzheimers Association of Greater N.J. will speak about resources available to family members and caregivers.

For more information or to register for programs, please call the Wellness Center (609-689-3131). Terry Tucker (609-771-9048) Marie Bethke (609-585-3972) or Sue Methot (609-737-0274) Web www.hearttohearts.org Fax (609-585-0051)