



Heart to Hearts, Inc.

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

Nov./Dec. 2009 Newsletter

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 <mailto: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 November 2nd, 23rd and December 14th. 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”

Saturday Dec.12 Kelsey Theatre Show
“The Night Before Christmas” 11:30 AM - Lunch at the Wellness Center, 2 PM show at the Kelsey Theatre. Cost for adults \$20, children \$15. Please let Marie know by November 1st if you plan to attend as there are limited tickets.

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, RN at 609 -771-9048.

Upcoming Programs /Meetings

Health Portfolio - December 2nd from 7 – 9pm at the Wellness Center. This is the follow up Part 2 class for those who have previously completed Part 1. Please bring your completed portfolio with you. Call Terry to register (609) 771-9048. There is no charge.

Wellness Day -November 14th from 8 am to 3 pm. Committee meetings will be held on November 4th and 11th at 7pm. A **special note of thanks** to the following committee members for the time, talent and donations they have generously contributed to make the 6th Annual Wellness Day a wonderful day: Tonya Coy, Jean DiMarco, Liz Hagen, Sandy Furness, Arlene Hancock, Michelle Heide, Geri Jiras, Lori Kaniper, Annette Krier, Sue Methot, Joan Nevius, Diana Russo, Terry Tucker, Susan Valentine, Louise Wilson and Beverly Yard. Visit our website www.hearttohearts.org for more information about Heart to Hearts and the Wellness Day.

Holiday Shopping at Coldwater Creek You are invited to join us on Sunday, **November 29th from 6 pm to 8 pm.** The store is located on Rt, 130 at the Shoppes at Hamilton. The store will be open to Heart to Hearts friends only. Enjoy holiday shopping with personal service while helping to support Heart to Hearts. Coldwater Creek will make a donation to Heart to Hearts for purchases made that evening. Refreshments will be served. Contact Beverly Yard at 609-609-689-3131.

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

Note: Metagenics vitamins will be available at the Heart to Hearts booth at the Wellness Day. Stop by and see Terry!

For more information or to register for programs please call the Wellness Center at 609-689-3131 or <mailto:info@hearttohearts.org>.



Visit us on the Web! www.hearttohearts.org



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Two Weeks to 6th Annual Women's Wellness Day!

When: Saturday, November 14th

Time : 8 a.m to 3 p.m

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

Cost: \$45 for members /seniors (60+); \$55 for general public

Keynote Speaker: Mary LoVerde, MSN

Lectures on nutrition, mental health, personal safety, vitamins

Health screenings; Basket raffles, 33 exhibitors, breakfast/lunch

Registration forms available by calling 609-689-3131;

email info@hearttohearts.com or on the website, or go to

www.hearttohearts.org.

♥ ♥ ♥ **Holiday Cash Raffle** ♥ ♥ ♥

50/50 Raffle tickets available now or at Wellness Day. Donation: \$5.00 for one ticket, 3 tickets for \$10.00. 3 chances to win!!! There will be first, second and third prize winners. Drawing is at 2:30 pm - you do not need to be present to win!

Tickets are available by contacting Lori Kaniper at 609-638- 7935 or Jean DiMarco at 609- 882-8822 or call 609-689-3131.

Holiday Gifts

All in One Basket will be taking orders for holiday gifts at the Wellness Day. Proceeds benefit Heart to Hearts and residents of Allies. Delicious cakes, cookies, pastries are perfect for holiday parties, hostess gifts, entertaining and for friends and family. Look for All in One Basket table at the Wellness Day or call Geri Jiras at 609-509-0237 for more information.



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Vitamins

Heart to Hearts is an authorized representative for the sale of Metagenics vitamins. We do this as a fundraiser at a cost below what you would pay at a physician's office. Metagenics vitamins and supplements are a high quality product that can only be 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. Contact Terry Tucker at 609-771-9048 to order.

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	\$27.00
Multivitamin	\$19.00 (90 tablets) \$35.00 (180 tablets)
NanoCell-Q	\$28.00
Ultra Flora Plus	\$27.00 (60 tablets)
Ultra Inflamm X360	\$45.00
Ultra Meal 360	\$38.00
Vitamin D	\$19.00

Metagenics Protein Bars

- Cookies & Cream \$2.75 each or \$30 per box of 12
- Peanut Butter
- Double Chocolate

Prices effective as of 10/15/09



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