



# Heart to Hearts, Inc.

Summer 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](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 June 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>, July 13<sup>th</sup>, 27<sup>th</sup> and August 10<sup>th</sup> and 24<sup>th</sup>. 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”

The Red Hat Ladies Had a great time this year. Our schedule included trips to the theatre, lunch at various restaurants, jamboree night with a good dinner, music and dancing. Most of all we laughed together, shared our ups and downs and just had fun. We are taking a little break for the summer to rest and relax. e-mail [love2laugh@att.net](mailto:love2laugh@att.net) to register.

## 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 to schedule.

### Upcoming Programs /Meetings

#### Health Portfolio

Learn how to create and manage your personal medical portfolio. Class is open to both women and men and will be held at the Wellness Center on **July 15th from 6:30 to 8pm**. Call Terry to register (609) 771-9048.

**Conscious Eating Dinner**—bring a dish to our potluck supper on Wednesday **June 17th** at the Wellness Center at **6:30 pm**. Join the fun and fellowship and show off your special dish—bring the recipe for others to share. RSVP 609-689-3131 by **June 12th**. We will supply drinks and silverware.

**Wellness Day Committee** meetings will be held on **June 24, July 29 and August 19** at 7pm at the Wellness Center. We would appreciate your help in making the Wellness Day a success. Consider joining a committee or volunteering to help us make this the best event yet.

**Vitamins and Supplement Class** will be held at the Wellness Center on **August 13<sup>th</sup> from 7 to 8:30 pm**. Learn how to identify natural food sources, and how the proper use of vitamins can help to fulfill your daily nutritional requirements. Contact Terry Tucker at 609-771-9048 to register. \$10 fee.

**Visit our Website** – [www.hearttohearts.org](http://www.hearttohearts.org) for more information about Heart to Hearts.

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](mailto:info@hearttohearts.org)



Visit us on the Web!

[www.hearttohearts.org](http://www.hearttohearts.org)

## **SAVE THE DATE - November 14, 2009**

The 6th annual Women's Wellness Day will be held this year on Saturday November 14th from 8 am to 3 pm. The event is sponsored by Heart to Hearts, Inc, Educational Testing Service and Princeton HealthCare System and is held on the ETS campus on Carter and Rosedale Roads in Princeton, NJ. This year's keynote speaker, Mary LoVerde, is a national motivational speaker on life balance who has appeared on the Oprah Winfrey show, ABC News and 20/20 and is the author of several books. She will speak on "I Used to have a Handle on Life but It Broke: Innovative Strategies for Keeping Your Life in Balance". A book signing will follow her talk.

There will be a number of other speakers on topics such as, "Foods for Moods", "Laughter for the Heart", "Safe from Strangers", (self defense for women) and "Psychology of Women, Gender Issues, Family and Health".

The event features 10 health screenings by Princeton HealthCare System, as well as chair massages and Reiki. There will be more than 30 exhibitors with a variety of products and services.

Breakfast and lunch are also included in the cost of registration. A special feature of the event is the basket auction with many lovely items. Registration forms will be mailed to members and attendees at past events and will be included in the fall newsletter and will be available on the website.

Become a Heart to Hearts member and save \$20 on your registration. Go to the [website for a member application](#) or call Sue Methot at 609-689-3131 or email [info@hearttohearts.com](mailto:info@hearttohearts.com).

## **Healthy Snacks are Back**

**As a volunteer non-profit organization, Heart to Hearts conducts fundraisers to help fund our work. We are currently selling healthy, nutritious snacks for \$3 for a 7 oz bag. They include:**

Oat Bran Sticks	Veggie Chips
Sesame Sticks	Cranberry Granola
Honey Sesame Sticks	Dried Fruits
Sweetened Assorted Nuts	Soy Nuts
Spring Mix (includes raisins)	

Contact Terry at 609-771-9048 to place an order or call 609-689-3131.

## 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.

<u>Item</u>	<u>Price</u>		
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**