

Welcome!



HANDS on HEALTH
Massage Therapy & Wellness

HELPING HANDS

News and Updates September 2017

Helpful Links



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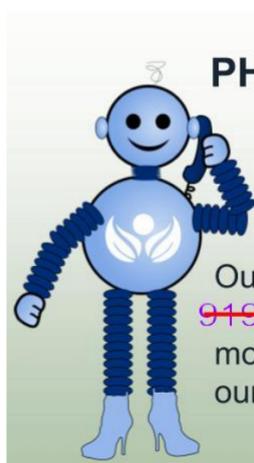
[Blog and Posts](#)



What's This?

We recently changed our newsletter delivery provider and that means you may be seeing this newsletter in your inbox for the first time since your visit.

Feel free to continue to receive our news or you may opt out at any time.



PHONE NUMBER UPDATE: 919.854.9555

Our old Raleigh # ~~919.510.6655~~ is no more. Please update our contact information!

Please update your contact list. We don't want to miss your call!

IN THE NEWS: SITTING & SAUNA



From our blog:

Two recent impact studies highlight the mystery of how our body performs the act of staying healthy. We may not know why we die when we sit too frequently without breaks and we may not know the mechanism that yields positive health when we sit in saunas but we do know that these impacts exist. These two articles are food for thought. [In the sitting study](#), one statement they make really matters to our sit and stand culture: we don't know if doing the opposite (standing) is healthier or just as harmful. Keep that in mind. As a massage therapist, I suspect sedentary standing is just as harmful as sedentary sitting for long periods of time. ... [Read more](#).

Y Naturals soaps are now available at checkout. These soaps are made by one of our massage therapists Yolanda Grant. Learn more about [Yolanda](#).



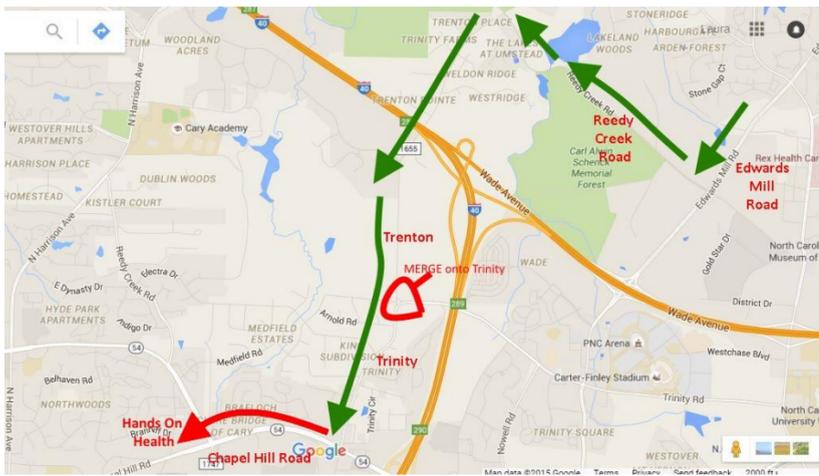
Y Naturals,
Because your skin deserves clean, moisturizing, & natural ingredients without impurities!



I am dedicated to making my soap products healthy for your skin by using premium essential and fragrant oils, natural botanicals and colorants, and pure essential oils.

Fair Week Is Coming!

Here's how you can avoid the fair traffic between Raleigh and Cary.



Expect your travel time to increase by 10 minutes. Plan ahead and we'll be here on the other end! [View larger map.](#)

Stay active and give back by participating in one of these events:

Saturday, October 14, 2017

**STRIDES
for
SPEECH**
TAP UNLIMITED'S ANNUAL 5K

TAP's goal for Strides for Speech is not just to help support its community programming but also provide a fun, safe activity for those with aphasia, their families and friends, and their community. Whether you walk, run, stroll, or roll, this 5K and ½ mile event is a perfect opportunity for everyone to come together to support TAP Unlimited and learn more about how they can help those we serve.

**BOYS & GIRLS CLUBS
OF JOHNSTON COUNTY**
Color Outside The Lines
4th Annual 5K Run/Walk

Saturday October 14, 2017 at 9:00 AM
110 East Waddell Street, Selma, NC 27576

Early Registration --- \$25 by October 6th
Registration --- \$30 after October 6th

USTAF 5K Certified Course
Chip Timing and Scoring --- Young & Associates
Registration & Payment can be made at www.runnc.com

OR

Mail registration form, which can be found on our website, and check to Boys & Girls Clubs of Johnston County, P.O. Box 784, Selma, NC 27576

For more information, please contact Amy Galloway at (919) 497-2104

There will be a **FREE 1 Mile Fun Run / Walk for Kids** beginning at 10 AM

Thank you in advance for your support!
www.bgcjohnstoncounty.com

A Big Thank you To Ruth Wiley, Licensed Professional Counselor Associate



Last month Ruth Wiley from Wiley Counseling visited our team meeting and shared information about *discovering complex trauma and recovering from its power it has over one's life*. As massage therapists, each person that walks into our treatment room comes with their life history in tow. Understanding how one copes and recovers from complex traumas makes us more mindful and effective massage therapists.

If you or someone you know is seeking counseling resources, please consider Ruth. She can be reached by visiting her profile at <http://wileycounseling.com/ruth-wiley/>.

To better understand whether you or a loved one might want to explore recovery solutions, here's an excellent quote: "It isn't what I did. It wasn't what I asked for. It's not who I am. It's what happened to me. It's like someone tattooed my entire body with their design. No one consulted me. No one asked me and now I'll spend the rest of my life removing this tattoo." ~ Unknown author

Stay In Touch

[Click Here to Book Your Appointment Online](#)

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