



It's not a newsletter, it's a friendly note!

Happy Valentine's Day everyone! Just wanted to drop you a quick note to say "hi" and hope your winter is going well (and that your heating bills are bearable!!!). My "Maintaining Touch" newsletter will be getting a nice, new makeover, which I hope to reveal by the next edition!

Some exciting news around the office is that www.asensivetouch.com will have a "special thanks credit" and web-link from a new **PBS special *The New Medicine*** – a two-hour documentary that premieres Wednesday, March 29 at 9:00 (ET) on PBS (check local listings). Like Bill Moyer's "Healing and the Mind", this show "...explores a burgeoning movement taking place in hospitals and clinics across the country: integrating the best of high-tech medicine with a new attitude that recognizes it is essential to the healing process to treat the patient as a whole person, and not a cog in an assembly line."

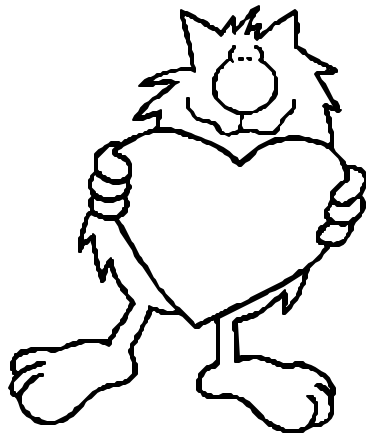
"*The New Medicine* suggests that medical practice in America may be on the brink of a transformation. As

scientific findings reveal that the mind plays a critical role in the body's capacity to heal, the medical community has begun to integrate this new understanding into effective treatment strategies that take Western medicine to the next level."

"Hosted by Dana Reeve, who was diagnosed with lung cancer following the death of her husband Christopher, *The New Medicine* goes inside medical schools, healthcare clinics, research institutions and private practices to show physicians at work on the cutting edge of this new approach."

For more information, see: <http://thenewmedicine.org>

Other fun news is that there is are **two new morale officers** at the administrative office:



Chelse is an 11 year old golden retriever who joined the team of "employees" on New Years Eve. We also have a new Betta (who, for a fish, is really a pig). He is a beautiful cobalt color with frills.

Don't forget - you can do some of your **Valentine's gift shopping through us.** Massage gift certificates are a great way to let someone know they are cared for, even if that someone is you!! We also have massage related products which are great for tackling the dry skin that haunts us in the winter. You can buy the great massage cream (Biotone Dual Purpose Massage Creme) for \$7 for a 4 oz tub, Khepra Foot Balm at \$8 for a 6 oz bottle. For those achy shoulders and necks, try the Biofreeze Analgesic


Happy Valentine's Day from
Gigi
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Nancie
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and Susan
(651-485-6782)

The secret of life is not to do what you like, but to like what you do.
-American Proverb

Workshops Through Community Education



Woodbury / Cottage Grove school district (651) 4 5 8 - 6 6 0 0 o r www.cecool.com:

Gigi's Backrubs for Couples
Tuesday, Feb. 14th 
6:30-8pm


Gigi's Shoulder Rubs for Couples
Thursday, Mar. 23 6:30-8pm

Gigi's Self Massage for Headache Relief
Saturday, April 8 12:30-2pm

North Saint Paul school district (651) 748-7434:
Nancie's Hatha Yoga



A Sensitive Touch



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