

Welcome!



# HELPING HANDS

News and Updates March 2018

## Helpful Links



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## A MESSAGE FROM THE TEAM

This quarter's newsletter is chock full of events and connections, from classes & workshops, to special guests who have visited and trained us about the benefits of their healthcare fields. Please take a moment to peruse the news and consider how we can work together to support your health.

Did you know virtual reality can now be interfaced with health and wellness? We know an expert that will be sharing more with our community when she comes to talk at Hands On Health. How about dry needling and how that technique relates to acupuncture? Have you ever wanted to color your health? Join us for a time or two and let us know how you liked the workshops we offer. When you visit, keep your eyes open for our latest class postings.

There is so much to learn and a ton of ways to stay engaged in your health. We want to put all our talent to work. After visiting this newsletter, pop up to the top and click on the Meet Our Team page and get to know our team's specialties. Did you know Denise specializes in fertility and pregnancy massage? And Yolanda is excited about the jaw work she's recently incorporated into her sessions? We're a dynamic team eager to help.

Best to you and your health. We look forward to seeing you soon!

## RSVP



*Join us and invite the professionals in your life that matter to your health and well being.*

**Thursday March 22<sup>nd</sup>, 2018**  
**8-10am or 12-2:30pm**

**Hands On Health classroom**  
**7980 Chapel Hill Road, Ste 125**

**RSVP: [office@handsonhealthNC.com](mailto:office@handsonhealthNC.com)**  
**Subject: Health Partner Meet & Greet**

**Learn more:**  
[www.handsonhealthnc.com/referral-health-partners](http://www.handsonhealthnc.com/referral-health-partners)

## FEATURED EVENTS

Drop In & Discover these upcoming talks:



**Wednesday, April 4th from 6:00-7:30pm**  
**Demonstrations & Applications of Biofeedback & Neurofeedback**

**Monday, May 7th from 6:00pm-7:30pm**  
**Current Research & Innovative Applications of Biofeedback & Neurofeedback**

*Registration fee \$10pp donated to Triangle Aphasia Project*



Learn more about Dr. Tami Fragedakis, PhD by visiting [Capital Biofeedback](http://CapitalBiofeedback.com).

## HEALTH PARTNER HIGHLIGHT

## “A Big Thank you To Linda Huang Tolentino” Licensed Acupuncturist



Linda recently visited our team meeting and shared with us her experiences on life with Acupuncture. The basis of this medicine lies in the philosophy that when the body, mind, and spirit are in balance, the individual can withstand any internal and external stresses. Balance is achieved when blood and Qi (the body's energy life force) are flowing smoothly.

If you or someone you know are interested in acupuncture, please consider Linda to treat the whole you.

You can find more information by visiting her profile at <http://lindahuangtolentino.com/>

Some conditions that have been treated with acupuncture

- Back Pain • Neck Pain • TMJ • Infertility • Stress, anxiety, depression • Sports injury recovery

## FAQ OF THE MONTH

“Does my insurance cover massage?”  
“What are the different ways I can save?”

**SAVINGS OPTIONS**  
SAVE 10% OFF YOUR NEXT VISIT BY REBOOKING AT CHECKOUT

OR

SAVE 20% WHEN YOU PURCHASE A FIVE (5) SESSION SERIES (AVAILABLE FOR 60-MINS OR LONGER)

Ask us about insurance reimbursement. Some insurance plans will reimburse for medical massage with a doctor referral.

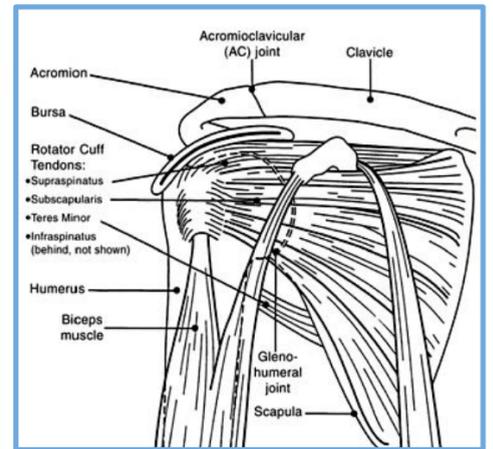
If you have a FSA or HSA account, we can swipe that debit card to pay for your or your dependent's massages.

## BLOG NEWS: Osteoarthritis

From our Blog: *Prevent The Onset Of Osteoarthritis By Reducing Inflammation*

What does it mean to shift how we think about a disease process such as osteoarthritis from one believed to be inevitable to one that can be prevented and onset prolonged?

... [->Read more.](#)



## UPCOMING DROP IN & DISCOVER EVENTS



**We want your feedback. Reach out and let us know what events and classes you want to see offered in our Drop In & Discover workshops.**

TUES, MARCH 20th at 5:30 pm - 6:30 pm  
| **Headache 101** |  
\$10/attendee (donated to charity)

WED, APRIL 11th between 9-2pm  
**Surviving The Tax Season:  
Complimentary  
Chair Massage**



**SHARE your thoughts and stay tuned!**

Sign up for these and more events at [www.HandsOnHealthNC.com/Events](http://www.HandsOnHealthNC.com/Events)

## Stay In Touch

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

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