

Spirit of Women member newsletter

July 2011

News & Information To Keep You Well Connected

Did you know...



Holy Spirit's Library can help you with reliable health information

With Internet access, you can access resources such as MedlinePlus (medlineplus.gov) on your own. However, Holy Spirit's Library has access to some additional resources and can research topics for you. These resources provide best treatment practices based on the evidence from results of medical studies and answers to complex questions about diseases and conditions. For assistance, contact the Library at 763-2664 or info@hsh.org.



You can strengthen your core, create better balance and more with...Pilates (pi-LA-tees)

The Pilates Method, created by Joe Pilates in the 1920s, is based on several principles: balance, concentration, control, centered awareness, fluid movements, and breath. Women that do Pilates find that it enhances core strength that increases flexibility, coordination and balance. Pilates will develop stamina, posture, and alignment for everyday activities to elite performance. Pilates engages the whole person, not just the muscles. For more information about the Pilates Method check out www.pilatesmethodalliance.org or www.movewithabsolutePilates.com.

You can protect your memory As we age, one of our top fears is losing our memory and mental acuity. However, there are ways to keep your brain in tip-top shape as you get older:

- Learn something new. Try learning a new language, read current events, or try a new hobby.
- Exercise – 30 minutes a day increases blood flow to the brain.
- Write things down that are important to remember.
- Eat a diet rich in antioxidants which protect and nourish brain cells. Stay hydrated!
- The more positive we are, the more alert we are, the easier it is to receive, process, and remember information.



Cognitive changes, psychiatric symptoms, personality changes, and changes in day-to-day functioning can all be signs of Alzheimer's disease and dementia. Dementia and memory loss can be symptoms of treatable diseases. Monitor symptoms and discuss with your healthcare provider.

Test your brain, improve your memory and have some fun with these free online resources... visit www.gamesforthebrain.com or <http://games.aarp.org>.

“Pilates is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work.” – Joseph Pilates

Save the Dates!

Spirit Girls Night Out – “Your Best Health Is In The Bag!”

Friday, October 14, 6 - 9 p.m., Wildwood Conference Center, HACC Harrisburg Campus

Women on the Alert for Diabetes: Diabetes Meal Planning

Thursday, September 22, 6 p.m., Boscov's Colonial Park

For more Spirit of Women information please check www.hsh.org or call 717-972-4879.

Rewards Partners *offers*

Cumberland County

Believe in Massage – Lemoyne

717-737-5709 / www.believenmassage.com
\$5 off any massages \$70 or more; not good with other offers, or towards gift certificates

Carl Photography (Family & Pets) – Carlisle

717-249-7973 / www.carlphotography.com
20% off on prints

Edible Arrangements – Camp Hill

717-730-6240 / www.ediblearrangements.com
\$5 off order of \$25 or more, not including delivery

Egyptian Moon Dance Company

717-805-4638 / www.egyptiandance.ws
10% off workshops and full class sessions

Eye Candy – Mechanicsburg

717-576-4333 / www.eyecandyaccessories.com
10% off store items at 5325 Trindle Road

Fanny's Corner

717-576-6711 / Fanfani1@hotmail.com
10% off purchase

Health Food Center – Lemoyne

717-901-0931 / www.Thehfc.net
15% off purchase

Laser & Aesthetic Services at Silver Creek – Mechanicsburg

717-591-9800, 717-591-1425 / www.drLaurelBailey.com
One free microderm & free consult with any service over \$400; 10% off Botox & Dermal fillers; 10% off individual microdermabrasion prices

Leaf of Eve – Enola

717-732-2564 / www.leafofeveonline.com
15% off clothing, jewelry, handbags and gift items (not on alterations)

Momentum Female Fitness Center – Mechanicsburg

717-737-6362 / www.MomentumFit.com
60% off our "Fitness Focus Orientation"

Move With Absolute Pilates – Mechanicsburg

717-585-2592 / www.movewithabsolutepilates.com
Introductory package of 5 private sessions for \$99; 10% off after introductory offer

Prevail Salon – Camp Hill

717-731-9620 / www.prevailson.com
10% off products & services

Radisson Penn Harris Hotel – Camp Hill

717-433-9737 / www.radisson.com/camphillpa
One night stay for \$99+tax (based on availability), Dinner entrée free with the purchase of a 2nd dinner of equal or greater value (excludes holidays)

Rillo's Restaurant – Carlisle

717-243-6141 / www.rillos.net
10% off Tuesday-Thursdays, & Sundays; not valid with Pastamania special

Dauphin County

HACC Massage Therapy – Harrisburg

717-221-1352 / mt@hacc.edu
\$5 discount on 1 hour massage in student clinic (\$30 becomes \$25)

JC Penney Salon – Harrisburg

717-564-4381 / klhollis@JCPenney.com
10% off all products and services on Mondays, Tuesdays, and Wednesdays

José Johnson's Chinese Martial Arts & Wellness Center – Harrisburg

717-540-5345 / www.dowellness.com
20% off regular tuition

Perry County

Salon Indigo-Perdix

717-957-3122 / dshgrow@gmail.com
10% off haircuts, 15% off color & cut

Home Based

Avon Products Inc.

717-732-2866 / www.youravon.com/sbressler
20% off order

Diane's Balloon Wraps

717-732-0432 / dianesballoons@aol.com
*10% off \$25; 15% off \$60
Free mylar with purchase of 2 latex balloons*

Maeva Design

717-460-1890 / www.maevadesign.com
10% off everything

Longaberger with Susan Fearnbaugh

717-599-6031 / www.longaberger.com/susanfearnbaugh
10% off your entire purchase

Mary Kay Cosmetics

717-645-3116 / www.marykay.com/mswope
10% off all orders

Pampered Chef

717-334-2241 / drehmeyer@pa.net
10% off any order

Wildtree Herbs, Inc.

Ks.argot@verizon.net / Ksa.mywildtree.com
10% off any order

The Fluffy Chocolatier –

All Things Chocolate, Marshmallow & More!
717-979-5449 / www.thefluffychocolatier.etsy.com
Free shipping or 15% discount at events

Rewards Partner affiliates

LAFOLOT Stress Management

717-542-6127 / www.lafolot.com
Certified Laugh Leader

Better Bowls

717-298-1257 / www.betterbowls.com
Natural gluten free instant pudding & gelatin mixes sold at Giant, Weis & Wal-Mart in the instant pudding isle.

Going shopping? Don't forget your Spirit of Women key tag to get the discounts listed here! For home based shopping don't forget to mention you're a member.



Thanks
to you

