



August 2010

Issue: 7

Vedas Personal Wellness Day Reminder

Hello Everyone!

August 24th will be here soon and we wanted to remind you to come join us for a day personal of wellness. Feel free to pass along this email to any friends, family members, co-workers, and anyone else that may be interested in attending.

There will be:

- Over \$1,000 in door prizes
- Gift bags to the first 20 people
- Organic food samples from Wholesome Acres Markets & Anew
- Free Chair Massages
- Free Fitness Assessments
- Free Hand and arm massages
- Free Quick nail polish changes
- Discounts on all products and services that day
- An American Heart Association Rep will be present for heart health education
- And more!

Date: 8.24.10

Times:

12PM-2PM & 6PM-8PM

Location:

1360 E. 9th St., Suite 640, Cleveland, OH 44114

In This Issue

[Vedas Wellness Event](#)

[Giving Back](#)

[Upcoming Charitable Events](#)

[CPR Class](#)

[Join Our Mailing List!](#)

Phone: 216.298.5115

We look forward to seeing you there.

Think Fit 2 B Fit!

The Vedas Team



Giving Back

To be healthy means to be balanced in all four areas of your life. These four areas include your heart, soul, body, and mind. Your heart refers to your emotional wellbeing. Your body refers to physical vitality, which is related to a variety of fitness and nutritional factors. Your mind refers to your mental acuity. And your soul is your spirit, that fire within.

Most people are acutely aware of when they're out of sorts mentally, physically, or emotionally, but tend to be unaware when their spirit is vexed. When you're spiritually out of balance it is sometimes hard to identify what the problem is. We may feel like life seems to have lost its flair and excitement. That our days just run together in a blur of busyness. We may even question ourselves, asking "what is it all for?" It seems like something is different, but we just can't put our finger on what's different and why.

When our body needs something it tells us relatively quickly, such as when we're hungry and feel our stomach pining to be filled with food. Or when we're emotionally stressed out and we feel run down physically. Identifying spiritual needs are usually more complicated and figuring out what to do about this dis-ease can seem challenging.

The good news is that there are new and old wisdoms that are floating around in order to teach us exactly how to address spiritual uneasiness. Here are a few quotes that give us some ideas as to how to improve the health of our spirit:

- "Deep listening is miraculous for both listener and speaker. When someone receives us with open-hearted, non-judging, intensely interested listening, our spirits expand." ~Sue Patton Thoele
- "The Divine Spirit does not reside in any except the joyful heart" ~The Talmud
- "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." ~Galatians 5:22
- "Life is a gift, and it offers us the privilege, opportunity, and

responsibility to give something back by becoming more"
~Anthony Robbins

- "It is more blessed to give than to receive." ~Acts 20:35
- "And now abide faith, hope, charity, these three; but the greatest of these is charity." ~1 Corinthians 13:13
- "For it is in giving that we receive." ~St. Francis of Assisi

As you can see, there are a lot of ways in which to feed our spirits, but one of the easiest and most fulfilling ways to do so is through the gift of giving. Simply put, charity feeds the spirit with life and vitality. It allows us to adjust our focus from our sometimes self-serving interests towards the needs of others. In the process we find that our problems don't seem as big and those we may be helping. In the end we bring wholeness to others and in bettering their life we ultimately better ours as well.

Please take some time to check out the charitable events below and give the gift of charity to others, because it's good for your spirit and theirs.

By: Tammy Polenz

Upcoming Charitable Events

Boston Market Fundraising Night

Make a Wish Foundation

Friday, August 20th

4PM-Close

Event tickets must accompany order

Details, locations, and event tickets available at Vedas

For more information contact:

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Sips & Dips

Thursday, September 16th

6:30-9PM

The Hoyt Block, 700 W. St. Clair

Tickets \$45/person

www.sipsanddipsonsixth.com

CPR Class

Vedas is going to hold a CPR class onsite during the month of September. It will be a full CPR/AED workshop. Each participant will receive a Heartsaver CPR/AED card good for two years.

For those interested, a First Aid component can be added for an extended class.

Cost

CPR/AED \$50

First Aid Component \$25

Date

TBD

For those interested in partaking please contact Ray at ray@vedasfitness.com, call 216.298.5115, or sign up at the class.

Personal Training Package Winner

\$260 Value

Offer Expired: 8/15/10

The winner of the puzzel contest is Alex Belkofer!

Thanks to everyone that participated and be sure to look for more contests in upcoming months.