

In The Center

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Now Hear This!_

Baby Brennan News

Christina has sent us an update on Baby Brennan...here is what she has to say:

First I would like to thank you all for your support and prayers! As you know our son Brennan was diagnosed in utero with several very complex congenital heart defects. We chose to deliver him in Boston where he would be at the number one pediatric cardiology hospital in the country. Prior to delivery we were told he would need open-heart surgery within the first few days of his life. Brennan was born on December 10th weighing 7lbs 1oz. He was born with several congenital heart defects. But, with the strong power of prayer Brennan did not require open-heart surgery at the time of his birth. We all, very joyfully, made it home a few days before Christmas with Brennan, our miracle.

When we got home we went to our cardiologist once a week because there were two things with Brennan's heart that we were monitoring closely. Three weeks after being home we had to return to Boston. Brennan needed a catheterization procedure to open up a hole in his heart to allow his blood to flow correctly. Brennan's surgery went great and we were back home after a

week. Currently he is doing very well. He eats like a little piggy and is packing on the pounds. We do know that as Brennan grows his heart will require an open-heart surgery and back to Boston we shall go. We pray everyday that Brennan continues to do well. He is the joy of our lives and we feel so blessed to have him.



Class Schedule Update

Effective March 1, we will be making changes to the land aerobic class schedule. The Monday, 8:30am Zumba® class will be replaced with Low Impact Aerobics at 9am. Zumba® will now be offered every Friday @ 9am and Saturday @ 9am.

We are also planning a Zumba® Party on Friday, March 19th @ 5:30pm.

This will be a 90 minute Zumba® session sure to get your weekend off to a great start! You and all of your friends are invited to attend, a \$5 walk-in fee will be charged for all non-Fontana Center members





Spring is in the Air

With springtime fast approaching, we look forward to blooms and blossoms but not the allergies that often accompany them. With a range of symptoms, spring allergies can leave many sufferers house bound for the season. But before you settle for the indoors, try these simple, effective strategies to help lessen the symptoms.

- ✿ **reduce your exposure to pollen:** stay indoors on dry, windy days; delegate lawn duties; remove & wash clothing that was worn outside; don't hang laundry outside to dry; wear a dust mask when working outside
- ✿ **take extra care when pollen counts are high:** check the local weather for pollen counts; if pollen counts are high start taking appropriate meds before symptoms start; close doors & windows at night; avoid outdoor activity in early morning when counts are usually higher
- ✿ **keep indoor air clean:** use the air conditioning in your house & car; use allergy grade filters in ventilation system; keep indoor air dry with a dehumidifier
- ✿ **clean up your act - add a few steps to your daily cleaning routine:** encase mattresses, box springs and pillows in allergy proof covers; wash sheets & blankets in hot water; vacuum carpets weekly or replace carpet with laminate or wood flooring that won't collect dust mites

These tips will not completely eliminate springtime allergy symptoms but they can help to lessen the severity. And, as with anything, please contact a physician if

symptoms persist or increase.
(Source: www.mayoclinic.com)

REMINDER: Daylight Savings Time begins Sunday, March 14th!

Consider This ... Massage Therapy

Massage is simply the manual application of pressure and movement to the soft tissue of the body. It encourages healing by promoting the flow of blood and lymph fluid. Massage cannot cure life-threatening illnesses, but it can provide relief from symptoms such as anxiety, depression, insomnia, stress, back/muscle pain, headaches, and forms of chronic pain. Consider these suggestions when deciding on a massage:

Nearly 70% of neck pain patients who received massage treatment once a week reported less pain!

- ✿ Choose a qualified, licensed therapist (get referrals from friends, etc.)
- ✿ Let your therapist know of any ailments or areas of pain/discomfort
- ✿ Try to schedule a massage at least two hours after a meal
- ✿ Avoid a massage if you are suffering from blood clots, have open wounds, inflamed/infected injuries, and/or recent fractures
- ✿ Expectant mothers who are in the first trimester should avoid massage, after this time a massage can be safely performed (check with your physician prior to a massage)
- ✿ The Fontana Center offers 30, 60, & 90 minute massages. Call to schedule your massage with licensed massage therapist - Jeanie Chastant!___