

UPCOMING CLASSES

Part-Time:

March 6, 2012

September 10, 2012

Full-Time:

April 2, 2012

July 9, 2012

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Rizzieri Salutes the Red, White, & Blue

Rizzieri School for the Healing Arts is a proud supporter of our armed forces! To show our appreciation for our military men and women, we offer a special discount on services. Anyone with a military ID will receive 50% off of all the student salon and spa services offered at Rizzieri School for the Healing Arts and Rizzieri Aveda School. To schedule an appointment, contact 856-810-7548, or visit our schools located at the Voorhees Town Center.

Rizzieri also works with several military programs that help provide funding for education and training programs. Rizzieri School for

the Healing Arts is approved through the Veterans Association (VA). As of August 2011, new changes went into effect for the GI Bill. This program now enables military members

to gift the funding from the GI Bill to spouses and children.

For more information, contact your VA Office or Educational Office. Rizzieri School for the Healing Arts is also approved through the Military Spouse Career Advancement Accounts (MY CAA). Through this pro-

gram, spouses of some active military members may receive funding in the form of grants. For more information, visit www.militaryonesource.com.



Toscana Soup – Great for a Cold Winter’s Night!

Prep Time: 15 Min Cook Time: 1 Hr Ready In: 1 Hr 15 Min Serves: 5

Ingredients:

- 12 links spicy pork sausage, sliced
- 1 tablespoon vegetable oil
- 3/4 cup diced onion
- 1 1/4 teaspoons minced garlic
- 2 tablespoons chicken soup base
- 4 cups water
- 2 potatoes, halved and sliced
- 2 cups sliced kale
- 1/3 cup heavy cream

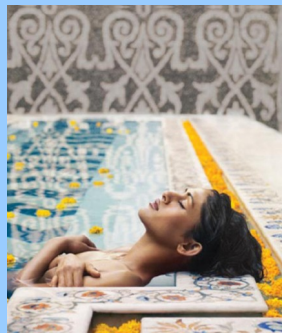
Directions:

1. Preheat oven to 300 degrees
2. Place sausage links on a baking sheet and bake 25 minutes, or until cooked through. Slice into 1/2 inch slices.
3. Heat oil in a large saucepan over medium heat. Saute onions until translucent; add garlic and cook 1 minute.
4. Stir in broth, water and potatoes; simmer 15 minutes.
5. Reduce heat to low and add sausage, kale and cream; simmer until heated through and serve.



Find this recipe and more at www.allrecipes.com

Rizzieri at HAND

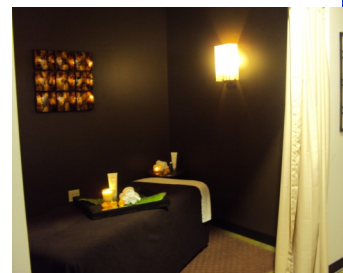


STUDENT CLINIC

- Elemental Nature Massage**...\$35
50-minute Swedish massage
- Super Special Massage**.....\$65
105-minute Swedish massage
- Super Special Combo**.....\$65
60-minute Swedish massage and 45-minute Reflexology
- Reflex n' Retreat**.....\$40
Reflex points of the feet, foot soak, and salt scrub

PROFESSIONAL CLINIC

- Elemental Nature Massage**...\$45
- Super Special Massage**.....\$80
- Super Special Combo**.....\$80
- Reflex n' Retreat**.....\$45
- Chi for Two**.....\$45
50-minute maternity massage
- Hot Stone Massage**.....\$65
- Deep Tissue Massage**.....\$50



For an Appointment
Call 856-810-7548

www.rizzierischoolofmassage.com

STUDENT CLINIC

- Wednesday**
1:00-4:00
- Thursday**
1:00-4:00
- Friday**
9:30-3:30
- Sunday**
9:30-3:30

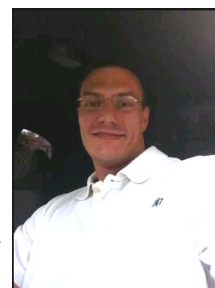
PROFESSIONAL CLINIC

- Tuesday**
9:30-8:00
- Wednesday**
4:00-8:00
- Thursday**
4:00-8:00
- Saturday**
9:30-4:00

I Attend Rizzieri!

Before Damien Murillo started his journey at Rizzieri School for the Healing Arts in July 2011, he had spent 7 years doing Design & Development for Subs/Navy ships. After the government cut contracts, he found himself laid-off. It was at that time, Damien decided to go back to school to pursue what he had always wanted to do, Massage Therapy. After visiting a few salons/spas and finding out that their top pick of employees were Rizzieri graduates, he knew where he was going to spend the next 6 months. He started the July full-time Massage Therapy program. Knowing that he is starting a career path that he loves is Damien's favorite part of being a student at Rizzieri. Damien loved clinic, because it gave him the opportunity to work with guests and provided him the experience needed to enter the massage therapy profession. After graduation, Damien would like to

work as an athletic massage therapist or in a medical setting. He recalls his first week of school as a memorable one. He was given 3 chapters and after feeling overwhelmed, he approached his instructor to express his concerns. He'll never forget what she said to him, "Damien we aren't here to fail you, we're here to make you a better man, as well as the best massage therapist we can." It was at that point, Damien knew he was in the right place! He wants to live up to the Rizzieri name. Damien would recommend Rizzieri to his friends or family.



Rizzieri and its Community

CPR CLASSES

Rizzieri School for the Healing Arts will be holding CPR and First Aid Certification classes.

Classes are open to the community!

Class dates and times are as follows:

- March 22, 2012:
9-11am
- May 30, 2012:
6pm-8pm

Price: \$65.00 per class

For more information or to reserve a spot, contact:

Ann Spegel
Co-Director of Rizzieri School for the Healing Arts
aspiegel@rizzieri.com
856-552-2277

Top 10 Ways to Beat the Winter Blues

1. **Exercise:** Helps with maintaining weight, staying healthy, relieving stress, and releases “feel good chemicals” that improve your mood.
2. **Eat a Healthy Diet:** Incorporate foods that provide your body & mind with nutrients (brown rice, whole wheat breads, veggies, fruit).
3. **Get Some Sun:** Sunlight brightens your day. Spend more time outdoors, keep your shades up during the day, or sit near windows.
4. **Act on Your Resolutions:** Start exercising, quit smoking. When exhibiting healthy behaviors, individuals have less sad and depressed days.
5. **Stay Hydrated:** It’s important to stay hydrated this time of year. If cold water is unappealing, try herbal tea, or even hot water with lots of lemon!
6. **Treat Yourself:** A weekend trip, day at the Rizzieri spa, sporting event, or a girls/guys night out!
7. **Relax:** Everyone needs some time off. Read a book, meditate, or take a yoga class.
8. **Embrace the Season:** The cold and snow are only here for a few months so enjoy it. Go ice skating, snowboarding, or even sledding!
9. **Get Social Support:** A phone call or a chat over coffee with a friend, family, or co-worker can brighten your mood.
10. **Catch some Zzzz’s:** Aim for 7-8 hrs each night, try not to oversleep, those 12 hr. snoozes can make you more tired, and don’t forget naps!




Meet Our Staff

Sherry Griffith didn’t always know that she wanted to be an instructor. It wasn’t until she took a class in A&P, the instructor had left to become a therapist, and from the very first class she had fallen in love with teaching. She had a degree in Medical Laboratory Science that was “collecting dust,” and was grateful to put all her science knowledge to use. Ever since Sherry graduated college 15 years ago, she has had an interest in massage and skin. That interest is what brought her to Rizzieri and in August 2009, she entered the skin care program followed by the massage therapy program in January 2010. She has been teaching the science portion of the massage curriculum ever since graduation. Sherry’s favorite part about her job is the stu-

dents. “They make each day!” she said. She added that she loves their enthusiasm and effort, especially when they rise above what they thought they couldn’t do! The most rewarding part of the job Sherry says, is “The ‘aha’ moment that students get when they understand a technical, science concept and the overall appreciation the students gain regarding the miracle of the human body.” If Sherry could give advice to any potential students she would say, “Organize your time and your effort for maximum return: set a schedule, stick to a study routine, expect to be challenged and be willing to learn.” Sherry currently lives in Mt Holly. She spends her winters in Burlington City and her summers in LBI.

Ways to Save!

Purchase a 1-year Premier Card for only \$45 and
Take Advantage of the Discounts!

 RIZZIERI AVEDA SCHOOL Premier Card	
This card entitles ONLY the card holder to receive 25% off any service of choice and 20% off retail products. Good for one year from date of purchase. Not transferable. Cannot be used in conjunction with any other offer. Good ONLY for services at Rizzieri Schools. Card must be presented at the time of the service.	
Name	Exp. Date

Featured Product

Keep your feet soft throughout the winter



If your feet have it rough, treat them to a soothing crème blended with active herbs, exfoliating fruit acids and plant-derived oils like jojoba and castor. Even tough, stressed feet are smoothed, cooled and moisture-charged.

4.2 fl oz
\$20.00

- Invigorates sore and tired feet and legs
- Softens and soothes calluses
- Absorbs quickly

Where You Go, Depends On Where You Begin

REGISTER TODAY FOR OUR UPCOMING CLASSES!

March 6, 2012: Part Time
Tuesday, Thursday 6-10pm;
Saturday 9-4pm

April 2, 2012: Full Time
Monday—Friday 9-4pm

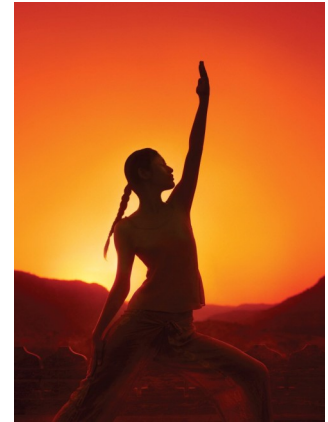
July 9, 2012: Full Time
Monday—Friday 9-4pm

September 10, 2012: Part Time
Monday, Wednesday 6-10pm;
Saturday 9-4pm

Contact our Admissions Office
for more information
856-552-2273

www.rizzierischoolofmassage.com

Register one month before
start dates to qualify for a
\$250 scholarship and a \$100
registration fee waived!



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rizzierimassageschool](http://www.facebook.com/rizzierimassageschool)

“Follow Us” on Twitter!



[www.twitter.com/
massagerizzieri](http://www.twitter.com/massagerizzieri)

Read our blog!



[www.rizzierischool
ofmassage.com/blog](http://www.rizzierischoolofmassage.com/blog)

SAVE THE DATE!

Open House
March 19, 2012
7-9pm

Come check out our new facility, meet staff and students, enjoy complimentary services, get information on upcoming classes and experience all the Rizzieri schools have to offer!

Contact Admissions@Rizzieri.com to RSVP.

RIZZIERI

School for the Healing Arts



8102 Town Center Blvd.
Voorhees, NJ 08043