



Himalayan Bowls

Sound vibration is the primary mover for change, effectively shifting an individual's vibrational level back to a less chaotic and natural rhythm. Brainwave patterns affect your mental and emotional health and consciousness. These bowls affect the brainwaves, allowing the patient to comfortably, easily and quickly slip deeply into states of theta and delta.

Bowls have long been shown to lower blood pressure and heart rate by inducing alpha waves in the brain. Once the optimal mental/brainwave state for maximum potential has been achieved, then all external blocks are eliminated and our highest healing potentials are reached by re-engaging our mind-body connection. At this level, healing on all levels occur, creating a more balanced and strengthened immune system, release of pain, release of stress thereby creating a sense of well



being feelings of vitality, happiness, confidence along with more energy and clarity of thought. Balance is the key to the Bowls' power. Priscilla works in a true partnership with the bowls.

We are thrilled to have Priscilla Gale perform at the Main Office for Andover DSO and guests on December 15, 2014 from 12:30p—1:30p. All day program, IHS and in-home day participants are welcome to join us for this event. There will be an admission charge of \$3.00 per person for all participants wanting to attend to defray the cost of this event. Money will be due before or at the event. There will be no charge for staff accompanying the participants. We hope that every-

DINING FOR A CAUSE

Network, Inc. will get 15% of your guest check with a voucher turned in at the restaurant—call Bev if you need a coupon—you need the coupon ahead of time to participate.

Date: Monday, December 8th - 5:00pm—9:00pm

Location: Ninety Nine, 295 Htfd. Tpke, Vernon



BIRCH STREET CLA—Ramona and Danny enjoying Lauter Park before the cold weather!

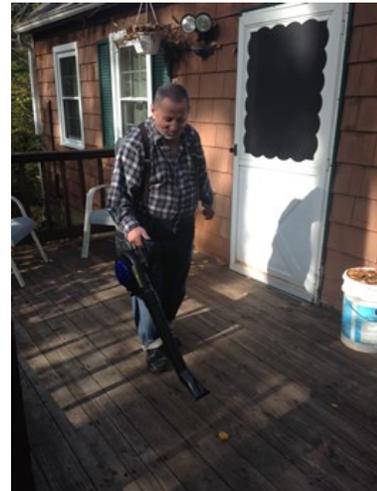


Stage Harbor CRS—

Brian, Mark and Frank
enjoying their vacation in New London



Frank enjoying his new leaf blower



Dayville IHS



—Congratulations to Richard W. for his Gold medal in golf this past Sept. in the Special Olympics.





**Feeding the
Community**

Andover DSO Food Drive

Feel good about helping neighbors in need.

We need non perishable foods.

Bring wanted food items to the Main Office
collection box in the lobby.

Food drive goes through January 1, 2015.

LAST CHANCE TO PARTICIPATE BEFORE DRAWING!



Annual Physical Verification Form

This opportunity is open to ALL EMPLOYEES of Network, Inc. All you need to do is bring our form to your next annual doctor's visit. The forms have been sent to each location. *(If you need a form see Bev Farrand for an extra)*. Have the doctor fill out the form accordingly and submit the completed form to Bev. Upon receipt of the completed form, that employee is automatically entered into a drawing to win an IPAD. ****Network does not get your personal health information from the doctor – just his check off and signature that you completed.****

The drawing will be held in Dec. 2014. All entries received in the 2014 calendar year are eligible to win.

Please remember Network when making charitable donations or in memoriam of friends/family.

Network, Inc. is a non-profit 501(c)(3) organization.

All donations are tax deductible.