



Hands Across Kansas

Kansas AMTA Chapter Newsletter • Volume 9 • Issue 1 • Spring 2013



The mission of the AMTA-KS Chapter is to advance the profession of massage therapy through service to its members.

Board Members

President - Bennie Bolton
11211 W. 115th Terrace, Overland Park, Ks 66210-3419
benniebzzz@yahoo.com
913-481-9537

1st Vice President
open

2nd Vice President - Mauriel Whisenhunt
P.O. Box 63, Uniontown, Ks 66779-0063
maurielwhisenhunt@yahoo.com
620-224-7251

3rd Vice President - Jaclyn Nonnast
1109 Wyoming Str, Sabetha, Ks 66534-2515
herrmann23@hotmail.com
785-285-0918

Secretary - Paige Harper
805 Harrison, Goodland, Ks 67735-3433
paigeharper69@yahoo.com
785-821-4442

Treasurer - Tamara Creighton
13408 W. 70th Terrace, Shawnee, Ks 66216-2583
tamara@tcreighton.com
913-232-6419

Member At Large - Audrey Vieux
222 Caroline Ct., Junction City, Ks 66441
sportsknotmassage@me.com
910-916-6533

IPP
Marla Hieger
905 5th Str., Wamego, Ks 66547-1441
roccreek@wamego.net
785-456-9954

HOD
Sharon Miklos
1747 Osage Rd. Ste A, Derby, Ks 67037-2091
mikmasg@aol.com
316-393-6274

Membership Committee Chair
open



Presidents Message

Hello AMTA KS Members.

My name is Bennie Bolton. I am the new President of AMTA KS Chapter. I served as a vice president prior to becoming President. It's a privilege to have the opportunity to serve as President to all members.

In 1998, I graduated from University of Kansas Medical Center with a degree in Occupational Therapy. After working in several hospitals, the patients commented that I had a healing touch and preferred massage over other therapies. In 2001, I attended and graduated from BMSI Massage School in Overland Park, KS. I have been a National Certified Massage Therapist since 2001 and a member of the AMTA for the past 11 years.

Our Board of Directors (BOD) is listed to the left. If you have any questions or concerns, please contact one of us. We want to hear your concerns and where you would like to see our Chapter go and grow. The BOD is here for YOU and please let us know how we can be of service to the best of our chapter. Our Annual Meeting is February 9, 2013 during lunch with Elections. Open-elected positions are 1st Vice President, 3rd Vice President, Treasurer, Member-At-Large (MAL), House of Delegates (HOD), and Alternates for 2013. There are descriptions in this newsletter. Please let Bennie or Audrey know if you have any questions or interested in serving on the BOD. We are looking for new people with fresh ideas and vibrant minds on the BOD!

I would like to encourage everyone to attend our upcoming education and Annual Meeting in Lawrence, KS in February 2013. Details about education are included in this newsletter. We will have "MEET & GREET" on Friday from 5 – 6 p.m. before the class start at Eagle's Lodge. This will be a great class and a networking experience for all who attend.

I am looking forward to seeing you in Lawrence, KS in February.

In touch,

Bennie

Bennie Bolton
AMTA KS Chapter President



Introducing Audrey Vieux

"Massage is a way of life and can't imagine doing anything else" says Audrey Vieux, a American Massage Therapy Association member for 8 years who's serving on the AMTA Kansas Chapter board as Member-At-Large. Currently, she lives and owns her home office in Junction City, KS called *Sports Knots Massage and Fitness*. The company name is dedicated to the many knots she had during her years of competitive track and cross country. She has moved over 6 times in 8 years which made her a pro at setting up an

office in less than a day.

Her techniques consist of Trigger Point, Sports and Injury Massage, Structural Bodywork with Deep Tissue, and Swedish. The favorite is a good clavicle and spine release.

On the other hand, Audrey's family consists of her military husband named Seth, with 2 wonderful kids, William and Addison. Audrey grew up in Rock Springs, WY with 3 brothers, 1 sister. Having a big family means more FUN for the Vieux's family.

Besides a family and keeping up with her own business, her hobbies include playing piano, scrapbooking, archery, fitness, ran in several 5K, 10K, 1/2 marathons every year, and loves a good challenge.

AMTA offers many benefits. Audrey's favorites are using their website, find massage therapist service, and discounts through Massage Warehouse. Give a welcome to Audrey Vieux!

Check out our website at amta-ks.org

2012 House of Delegates Business Meeting - Raleigh, NC Summary Report

We started House of Delegates 2012 (HOD) doing all the little things that we are required to do such as Welcoming the Delegates, Pledge of Allegiance & Silent Reflection, Roll Call, Adopt Agenda, Rules of Procedure and Reports. Once all this was attended to the following was the result of the four hours we, HOD deliberated of the proposed position statements and recommendations.

Positions Statements:

- 1.) Submitted by Debra Gallup, Delegate, SC **PASSED**
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing low back pain.
 - 2.) Submitted by Debra Gallup, Delegate, SC **FAILED**
It is the position of the American Massage Therapy Association (AMTA) that creating public health initiatives which promote massage therapy for health and wellness would benefit the public.
 - 3.) Submitted by Kevin Lynch, Delegate, SC **FAILED**
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be good for health
 - 4.) Submitted by Kevin Lynch, Delegate, SC **PASSED**
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can help improve sleep.
 - 5.) Submitted by Debra Gallup, Delegate, SC **PASSED**
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be beneficial part of the integrative treatment plan for those who suffer with fibromyalgia.
 - 6.) Submitted by Jerry Konrad, Delegate, FL **FAILED**
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can assist in the rehabilitation of burn scars.
- Bylaw Amendment Recommendation: (IA) **PASSED**

Therefore, be it resolved that the House of Delegates recommend the following Bylaw change:

BYLAWS OF THE AMERICAN MASSAGE THERAPY ASSOCIATION 2012 REVISION

Article IX. COUNCILS

Section 2 HOUSE OF DELEGATES

B COMPOSITION

4. c.

“In the case of resignation or any other reason a Delegate is unable to complete their entire term, If a Delegate is unable to attend the HOD Orientation or HOD Business Meeting due to circumstance beyond their control complete their entire term an alternate, according to the order of votes received in that same Chapter election, shall assume the delegate position for the HOD meeting of that session; or, upon resignation, for the remainder of the unexpired term”.

Bylaw Amendment Recommendation: (IN) **PASSED**

Therefore, be it resolved that the House of Delegates recommend to the National Board of Directors that Chapters, if they wish, may submit documentation to National AMTA to be reimbursed for funds spent visiting schools.

We ended the HOD 2012 session with HODOC Elections This year the elections was fairly simple as there as only three individuals had submitted their resumes. With just the three and only three positions open the vote was unanimous.

HOD 2012 was closed.

Sharon Miklos
Stress Busters Massage Therapy Group
1747 Osage, Suite A
Derby, Kansas 67037
(316) 393 -6274
mikmasg@aol.com

AMTA HOD, Kansas Chapter

Election Time

On February 9, 2013, we (AMTA) will have our annual meeting along with elections. We have many open positions for any good standing professional member to occupy with an established, wonderful, and hardworking Kansas board. Before any member is elected, he/she will sign a volunteer code of conduct. Ballots will be handed out on Saturday, Feb. 9th, 2013. Then the elections will take place during annual meeting. If interested to be on our ballot, please contact Audrey Vieux our Member At Large, 910-916-6533.

A list and descriptions are as below:

1. 1st & 3rd Vice President - As Chapter VP will assist Chapter President in achieving Chapter goals and effecting policies and/or decisions made by Chapter Board of Directors (BOD). This is a 2-year term position. He/she, as a member, has to meet 1 or more requirements as follows:

*Completed 1-year term as board member within last 3 years

*Completed 1-year term as a committee chair or member, within last 2 years

*Completed 1-year term as a National standing committee chair or National board member within 2 years

Some responsibilities include but not limited to are a voting member on the board, can serve as President in a temporary absence or incapacity of President, accepts assignments as delegated by President, attends Chapter Board, membership, and any Chapter committee meeting for which the VP has responsibility, receives feedback from members and board and communicates well with others.

2. Treasurer - This position ensures the integrity of the fiscal affairs of the Chapter, serving a 2-year term. He/she must meet 1 or more of the following:

*Completed 1-year term as a Chapter board member with last 3 years

*Completed 1-year term as a National standing committee chair or National Board Member within

*Completed 1-year of AMTA membership and have experience in bookkeeping, accounting, or finance

Some of the responsibilities are but not limited to are a voting member on the board, basic knowledge of QuickBooks or similar program, manages, oversees, prepares the budget, accepts delegated assignments by President, keeps accurate records of budget, attends all chapter & board meetings, and communicates with membership through reports.

3. Member-At-Large - Is to be a voice for the membership on the BOD. Must be aware of the membership needs and requests. Also, be a nominating chair, which their function is to call-on, in person, mail, or telephone any state member(s) feels or is aware of their desire to be, a working, contributing member of the BOD. Reviews and collects candidate resumes(s) from applicant(s) for positions opening on Chapter Board.

4. House of Delegates (HOD) - The Delegate represents his/her Chapter members in the HOD and related activities, informs the Chapter of time-lines, facilitates the Chapter's influence in HOD, and serves 2-year term.

Responsibilities are as follows but not limited to have communication at all meetings, provides written reports to Chapter board, attends membership meetings and HOD orientation, reports to the members, and cast votes at meetings.

5. Alternates for 2013/2014 - This position has the same responsibilities and duties of the Delegate if the Delegate can't finish their term and be available if Delegate can't go to National Convention.

Visit amta-ks.org for more information!

Member Spotlight



AMTA-KS presents member Zella Newberry as member spotlight. She currently lives and practices in Wichita out of her studio for 22 years. She chose the massage profession as part of her life to be active and learn new things like techniques, etc. She loves to work together with her clients as co-learners through massage. Her techniques consist of but not limited to as orthobionomy (integrate positioning release), Swedish, cranial-sacral, myoskeletal bodywork, zero-balancing, balancing hips and forward head posture. She loves the connection with life, involvement with clients, the purpose to serve people, and great passion in the massage field which keeps her young and spiritual. Zella uses multiple products

in her practice. Some of them are essential oils like basil for relaxing the muscles, eucalyptus to sooth, and lemongrass. Her favorite lotion/cream is Soothing Touch.

Before Zella took the massage road in life, she went to school and received her Masters in Counseling and Bachelors in General Studies. From there, went to work at a University at Wichita State for 10 years in cooperative education. She also raised 6 children and has 11 grandchildren. When she has down time, enjoys reading, gardening, socializing, theaters, rotatory club, and encouraging the younger people. So, you can say she's working on her 4th career, being a wife, mom, student, administrator, and massage therapist.

Her training in massage has never stopped for a moment. She has traveled the world and taken several cruises. She has many stories to tell and loves to tell all. Some of which are training with John Upledger, went to a camp that is a plantation of George Washington for zero-balancing, and the most interesting is having training on top of a mountain in Canada. Bet that was a beautiful view!

Her favorite benefit from AMTA is receiving and reading the *Massage Today Journal*. She really appreciates the AMTA-KS BOD.

In conclusion, she quoted this to all of you reading this newsletter, "Continuing education and training makes my practice sustainable. Training and learning is a backbone".

Member Achievements

AMTA KS is always striving to remember the member! We would like to recognize members who have done exciting and exceptional things, gone above and beyond, and excelled in service to our profession and the community in general.

Some suggested achievements are:

- **Meritorious Award:** To acknowledge diligent volunteerism done in an altruistic manner (Chapter Meritorious award winner will be nominated to National AMTA for the National Meritorious Award.
- **Humanitarian Award:** To acknowledge the "heart" of massage in action
- **Government Relations Activist:** To acknowledge and promote achievement(s) deserving of said recognition
- **AMTA Member Recruiter**
- **Outstanding Community Service**
- **Outstanding Mentor**
- **Certificate of Appreciation**

We have awesome members and we would like to recognize them! Sharing each others strengths inspire us to continue to strive for excellence! It makes us stronger as an organization and can help us have pride in our profession and organization! If you or you know someone who has demonstrated something you would like to see recognized, please let us know. If there is someone you would like to nominate and don't see an area that fits, please recommend another area. We would like to know what you and your friends are doing! Awards will be presented at our Annual Meeting in Lawrence. Please send recommendations to Marla, roccreek@wamego.net or 785-456-9954. Please have submission in by January 30, 2013. Thank you!

Welcome New Members

Marcella Meeks	Wichita
Michael Bret Miller Jr	Overland Park
Melissa Pike	Topeka
Dan Robinson	Wichita
Darrell Romine	Mulvane
Kaylee Spencer	DeSoto
Cynthia Browne	Manhattan
Cheri Covalt	Riley
Brianne Wyche Colbert	Kansas City
Dana MarieMullis	Franklin
Courtney Cochener	Wichita
Mary Taylor	Haysville
Renee Mackenzie Pohlman	Overland Park from IA
Michelle Busateri	Saint Marys from WI
Teresa Cordell	Overland Park from CO
Laura Terry-McCauley	Shawnee from CO

Fundraiser Events

The AMTA KS board hosted fundraisers in their areas during National Massage Therapy Awareness Week, back in October 21-27, 2012 to raise funds for our licensure. In Manhattan, Marla Hieger (IPP) and Mary Brumleve, AMTA member from Manhattan held a fundraiser at McAlister's Deli on Oct. 23rd. McAlister's donated 10% of the evening sales (\$176) to our Government Relations Fund. That's awesome!

In Overland Park area at Sweet Tomatoes on Oct. 24th, Tamara Creighton (Treasurer) and Bennie Bolton (President) raised \$35 funds to go towards our licensure. Mauriel Whisenhunt (2nd VP) raised \$129 toward funds performing chair massage which had many people commenting that they should have a massage everyday.

That brings our total to \$340 raised with many thanks to clients, friends, and family who came out, participated, and gave support to a great cause.

Visit amta-ks.org for more information!

Music Suggestions

In the past I have written an article or two for the chapter newsletter on the subject of music. And guess what, I am doing it again.

As massage therapists, we all know how important music is to specific massage appointments. For example, music is far more interactive in a Spa and Swedish massage appointment than an on-site massage at a sports event.

For me, music has long been a very important team member for the different modalities that I practice. I don't know about your clients but mine are "ready and willing" to relax. I just have to help with the "able to relax" part. I can observe the most pain filled, uptight or tense client I have on my schedule for the whole week, I pick out the right CD and half my work is already done.

"How is that possible?" you ask.

Well, I believe it has to do with setting up for the appointment. The right music for each client is as important to each massage appointment as clean sheets.

Do any of you remember the old Calgon commercial? "Calgon, take me away." It has been their famous catch line for generations. The commercial always had a very stressed out looking woman calling out, "Calgon, take me away." Think about it. Isn't that what your clients are asking of you; "take me away!"

Music can help. It is one of the secret weapons in your toolbox. Music applies to your massage room the same as the décor, lighting and clean sheets. The proper soothing music can be the trigger that helps your client to relax.

Twenty two years ago when I first started my massage business I realized that music was not part of my massage education. There was no one to answer the simple questions like, "How do I pick a CD?"; "What if I like classical and my clients like New Age?" or "What is a good CD?"; and last but not least; "If I like the CD, what happens if my clients don't like it but don't tell me?"

With all this in mind, I would like to share the names of some musicians whose music I hope you will like. Each of the artists that I have picked to share with you have several CDs on their music lists.

1.) **R. Carlos Nakai.**

(I have had a copy of Canyon Trilogy for almost 20 years. It has never failed to please whoever is listening. Native American Flute.)

2.) **Marina Raye.**

(I found this artist's music at a Massage Conference 10 years ago. She has numerous CDs. Pick any one & it's bound to please. Native American Flute with influences.)

3.) **Angi Bemiss.**

(This is the first harp artist whose music I will play in my office.)

4.) **Govi.**

(Think guitar for the islands.)

5.) **Jerry Barlow.**

(Jerry has three CDs. Any one will be a favorite of your clientele. Celtic Finger style Guitar.)

6.) **Tim Janis.**

(Anything CD by Tim Janis is worth having in my CD collection. Very melodious!)

7.) **Slowing Down By Chris Botti.**

(This is a soft jazzy CD that does just what it's titled, slows down.)

I am also going to suggest that if buying a bunch of CDs is not in your budget at this time, try this: think about getting an iPod and a docking station. Here is the reasoning: your clients already have music. If you can afford them (iPod and docking station) start asking a few your clients at a time to lend you a couple of their favorites CDs. Load the music and label so it makes sense to you under your client's name, style of music or musician, whatever. You'll have a lot of music for a very reasonable price, that price being a thank you note to your generous clients for lending their CDs to you. Don't forget the library either. There are A LOT of CDs at the library just waiting for you to check them out, listen and then load your computer music list or iPod.

Here is my last idea for you, if you are computer savvy, go online and look around. I'm not computer savvy, so I cannot share any web locations with you. (Sorry!) But if you ARE computer savvy, go look online and check out the musicians that your clients, friends or family share with you BUT be careful of possible charges, costs and fees.

Enjoy your massage,
Sharon Miklos

Integrated Therapeutic Stretching (ITS): Seated Stretching for Neck & Back and STRAIT Method for Scar Tissue Class



Marjorie Brook, keynote speaker and seminar instructor

About the Instructor:

Through Brook Seminars, Marjorie Brook teaches her techniques internationally, offering continuing education courses in F.A.S.T. Release Method™, F.A.S.T. Therapy™ and Body Mechanics. As a keynote speaker she evokes her audience to stretching their body and mind as one to reach outside their own limits without boundaries and attain both physical and emotional balance.

Marjorie is an inspiring and passionate communicator, who understands that people learn and process information differently and her programs are tailored to reach across that spectrum. Marjorie believes that humor and group participation are vital in creating an atmosphere of comfort and she engages her audience to ask questions as well as contribute information. Each program is customized for the group and participants are left with lasting knowledge to live in Balance.

Her articles have appeared in *Massage Today Magazine*, *Massage World (UK)*, *American Fitness Magazine*, international forums such as PositiveHealth.com, along with live interviews on several radio blogs.

Marjorie is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing educational provider. She meets current standards for continuing education for both the American Massage Therapy Association (AMTA) and the State of Florida and is approved by the Board of Certification for Athletic Trainers (BOC) to provide continuing education for Athletic trainers.

www.brookseminars.com

Meet & Greet
February 8 • 5 - 6 p.m.
Eagle's Lodge

Visit amta-ks.org for more information!

KS AMTA 2013 Annual Meeting & Continuing Education

Cost of the classes include Integrated Therapeutic Stretching: Seated Stretching for Neck & Back (3 CE) and STRAIT Method for Scar Tissue Class (12 CE). If you are unable to attend Integrated Therapeutic Stretching on Friday, you can still attend STRAIT Method for Scar Tissue Class on Saturday/Sunday.

Integrated Therapeutic Stretching (ITS): Seated Stretching for Neck & Back

Friday class 6 - 9 p.m. This technique is a comprehensive, scientifically designed solution for improving flexibility and reducing pain. It specifically targets soft tissue injuries and a variety of neurological and orthopedic conditions (i.e. arthritis, tendonitis and lower back pain).

This class will show stretches for neck & back for your own self care and to assist your clients. This is a practical workshop geared towards hands-on learning.

COURSE OBJECTIVE: Having a complete understanding of the effects of muscle imbalances and how to correct them in the body is essential for all massage practitioners. This manual technique, which isolates muscles that are to be strengthened by contracting the opposing muscles. The clinical success of ITS is based on the sound scientific principles. Bring your own dinner on Friday and dress comfortably. **This class is FREE WITH ENROLLMENT!**

The STRAIT Method for Scar Tissue Class

Saturday class 9 a.m. - 6 p.m. & Sunday class 8:30 a.m. - 1:30 p.m.

The STRAIT Method (formally known as the FAST Release Method) will give you solid training in the physiological and anatomical effects and principles of fascial restrictions, the latest research on fascia and Biotensegrity, as well as the skills to apply the STRAIT Method in your private practice.

What you will learn in this course:

- The long - and short-term effects of scar tissue - from the physiological to the psychological.
- Which orthopedic and neurological factors to take into account when working with a new client.
- The indications and contraindications for Scar - Tissue Release Therapy relating to diseases, injuries, joint replacements, and aging factors.

Find out how to assess fascial restrictions throughout the body and how to breakdown scar tissue and adhesions - from superficial to deep fascia.

Discover a detailed eight-step approach to manually releasing scar tissue and adhesions - including techniques for lengthening and increasing the lymphatic and venous circulation to the connecting tissues.

COURSE OBJECTIVE: Having a complete understand of what fascia is, how it works and how to treat restrictions in the body is essential for all massage practitioners.

Bring massage table, bolster, and towels. Dress comfortably.

Lunch on Saturday will be provided. Light snacks provided on Sunday.



Complete, clip, and send in!

KS AMTA Continuing Education Pre-Registration Form

Integrated Therapeutic Stretching (ITS): Seated Stretching for Neck & Back

Friday, February 8 - Class is 3hr CE

The STRAIT Method for Scar Tissue Class

Saturday, February 9 & Sunday, February 10 - Class combined is 12hr CE

Marjorie Brook, NCBTMB

Your Name: _____

Your Address: _____

Your Cell Phone: (_____) _____

Your Email Address: _____

Options: Member Nonmember Friend

Friend's Name (if bringing a non-member) : _____

Amount Enclosed _____ Check Number: _____

(Remember - if bringing a non-member - save \$30 - see box at right)

Please mail the completed form with your payment to:

Tamara Creighton, KS AMTA Treasurer
13408 W. 70th Terr.,
Shawnee, KS 66216

If questions call:

913-232-6419

Register online at:

www.amta-ks.org

Make Your Reservations!

Holiday Inn

200 McDonald Dr.

Lawrence, KS 66044

Phone: (785) 841-7077

Fax: (785) 841-2799

AMTA-KS Chapter Rate:

\$89 plus tax

Check-in: 4 p.m.

Book soon, rates go up a week prior to class

Group Rate Reservations under AMTA-KS

Check out: 11 a.m. - Sunday, Feb. 10

Directions to Hotel:

- From I-70, take exit 202 toward US-59/W. Lawrence. Take 2nd exit merge onto N. McDonald Dr. Hotel just past Princeton Blvd.

Class Location:

- Eagle's Lodge
1803 W. 6th St.
Lawrence, KS 66044
785-843-9690

Class Directions:

- From I-70, exit 202 - US-59 S/W. Lawrence to McDonald Drive to W. 6th St./US Hwy 40. Go east on Hwy 40 just past Bluffs Drive will be on the south side of 6th (on the right) behind Dollar General Store at top of hill, there will be a small sign high in the air.

General Information

When: February 8-10, 2013

Registration: Friday 5:30 - 6 p.m.
Saturday 8:30 - 9 a.m.

Where: Eagle's Lodge
1803 W. 6th Stret
Lawrence, KS 66044
785-843-9690

Pricing as follows for:

Member: \$120 (\$150 at door)

Non-member: \$180 (\$210 at door)

Bring-A-Friend price: \$210

Both receive member pricing -
just \$105 each for 15 CE's
(\$270 at door)

Enroll a friend and SAVE \$30 or
more!

* Bring a table, bolster and towels.
Handouts will be provided.

Kansas Chapter AMTA Newsletter

Bennie Bolton

11211 W. 115th Terrace,

Overland Park, KS 66210-3419

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Government Relations Update

The GR Team has been very busy over the last 6 months. We have held conference calls, meetings with the Kansas Board of Nursing, holding Town Meetings in Merriam, Hays, and Wichita (to add our other town meetings held in the past) to best prepare for the 2013 Legislative Session.

There will be a new bill introduced – basically offering the same basic components as before, however the oversight governance of our profession will be –hopefully– governed under the Kansas Board of Nursing. We feel that being placed under this board is a better fit for our profession. In light of the fact that we wish to remain open to final comments and input from practitioners, our final bill language is not completed at the time of writing of this update. However when it is finalized, it will be on the website for review and comments. (www.amta-ks.org) Please let us know what you think!

We will be reaching out to you all to help us in contacting your Representatives and Senators! They need to hear from YOU! As their constituents, you are the most influential in urging them to support licensure of our profession.

We have created written draft letters of support if you would care to use them, and or share them with your clients. They will be posted on the website.

Please feel free to share our legislative updates with as many practitioners whom you know that may not be receiving them.

Onwards we go in hopes of 2013 being our year to gain licensure for Massage Therapy!

Upcoming Events

**Annual Meeting,
Integrated Therapeutic
Stretching & STRAIT
Method for Scar Tissue**
February 8-10, 2013
Lawrence, KS

**General Meeting &
Continuing Ed**
October 11-12, 2013
Wichita, KS

Helpful Hints

The Small Business Administration has a web site, www.sba.gov, and many helpful hints to promote your business. Some of these hints include: Asking clients why they chose you and ways to improve. Ask former clients why they left. Update your services (continuing education anyone?). Borrow ideas from friends (even other professions) and competitors. Offer a simpler/cheaper/smaller version of your service, or go fancier/more expensive/bigger. Offer a discount or upgrade for referrals. Hold an open house. Join organizations in your community that are relevant to massage or something else you can be passionate about (this shows your dedication, enthusiasm and knowledge). Volunteer at non-profit/charity events. Speak at club or group gatherings. Just put yourself out there! Push past the fear of rejection and failure to reap the benefits! Be Brave!