



Save Your Hands: Injury Prevention for Massage Therapists

Instructed by Becky SanGregorio, LMT, ACIPI

Registration Deadline: 30 March 2018

Date:	April 21–April 22, 2018 (2-day course) Maximum: 18 Registrants
Time:	9:00 am–5:00 pm lunch (11:45am–12:45pm) / Break(s): 10:00am-10:15am & 3:00pm-3:15pm
Location:	Eastern College Saint John Unit#123–212 McAllister Drive Saint John, NB, E2J 2S7
Fee:	\$400.00 (ANBMT members only) Non-Member: \$500.00 (PAYMENT <u>MUST ACCOMPANY REGISTRATION</u> ; <u>NO RESERVATIONS ACCEPTED</u>)
CEUs:	Category CEUs (To Be Announced)

Course Details

Injury is common among manual therapists, but it can be prevented. You will learn hands-on, practical techniques and tips to reduce fatigue and discomfort, prevent musculoskeletal injury, and extend your career. Attendees learn to reduce the physical demands of their work on their own bodies while still providing a thorough hands-on treatment to their clients. These innovative workshops are available for professionals and students. Combining lecture and discussion with fun, innovative activities and plenty of hands-on practice, the workshops are taught in an informal style that encourages active participation. Attendees come away from the workshop with an excellent overview of ergonomics and injury prevention principles, and a self-care action plan including changes they will make to their practice based on what they have learned.

***Each participant will receive a copy of our 300+ page *Save Your Hands!* 2nd Edition textbook, retail \$62CAD.**

What to Bring

- Linens
- Lotion/Oil
- Snacks, lunch, water

About the Instructor

Becky SanGregorio, LMT, ACIPI, has been a massage therapist for 20+ years. She opened her first core educational facility in 2003 and noticed the high rate of injury and burnout among bodyworkers in the fast-growing massage therapy profession. She trained as a certified injury prevention instructor in 2010 and immediately began implementing the injury prevention techniques for new student therapists as a part of their core training at her Academy. Becky provides consultations to private facilities and schools, as well as personally conducting the CIPI program at Save Your Hands. She received thorough training from both Lauriann Greene and Rick Goggins (authors of the 2nd Edition *Save Your Hands* textbook) and continues to uphold the mission that her mentors started many decades ago. Becky is a member of both the ABMP and the AMTA, an allied member with Alliance for Massage Therapy Education and a supporter of the Massage Therapy Foundation.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

Tel.: (506) 452-6972 **Fax:** (506) 451-8173 **E-mail:** anbmt@anbmt.ca