

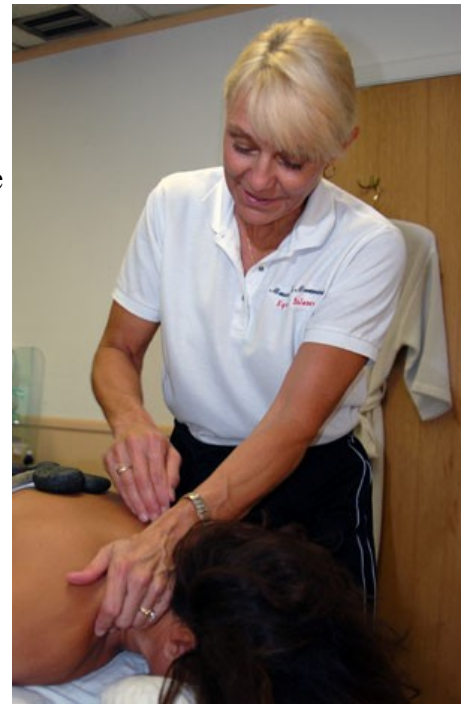


The Body Is Talking Are You Listening?

Calling all LMT's this is your chance to learn and give back to your local community!

STUART, FL. – On June 12th & 13th, 2010, at the Clarion Inn (formerly Ramada Inn) in the Elliott Room, located at 1200 SE Federal Highway, Stuart, FL, 34994; **Debbie Roberts**. (Licensed massage therapist) [L.M.T.](#), of Massage & Fitness Professionals of the Treasure Coast will present a certified continuing education unit (CEU) seminar to local Massage Professionals. LMT's receive 16 CEU's learning how to help those “stubborn” shoulder patients and 5% of the tuition will be donated to Treasure Coast Hospice. Professional massage therapists and interested individuals will be learning how to address those stubborn shoulder problems, such as impingement, bursitis, and thoracic outlet syndrome to name a few using the *Assessment, Treatment & Muscle Activation (ATM) Technique™*.

As a result of the participation in the seminar, students will be learning to assess repetitive motion injuries resulting from participation in sports such as baseball, golf, and tennis, as well as occupational activities common among house painters, office workers, hair dressers, nail technicians and even moms. Moreover, students will have an understanding of when to apply neuromuscular therapy, trigger point therapy, active isolated stretching, hot stones, massage cupping and isometrics to help with the rehabilitation of an injury. The students will be able to describe the principles of rehabilitation and their role in the treatment of injuries. The learning



Debbie Roberts, L.M.T., Certified Personal Trainer, Post Rehab Specialist, provides an appreciative client with a stress-relieving hot stone massage.

Photo courtesy:
www.Out2Martincounty.com.

environment is limited to 20 students. This allows for plenty of personal questions and hands on time with the instructor. Because nationally certified massage therapists must earn CEU's every four years to retain certification status, massage seminars, and workshops such as this provide ample training opportunities to both the professional massage therapist and the curious alike. If you (or someone you know) are interested in this type of massage seminar, or information about the July 2010 conference, please visit: www.debbierobertsseminars.com/seminars.html.

For all those in need, we have a wonderful community of LMT's that are always here waiting and available to help out with chronic pain, stress, ease of cancer, and sports injuries. Massage addresses the physical and emotional needs of the elderly and/or ill client. Its primary intention is to provide comfort through techniques that promote deep relaxation and relief from pain. Massage is a valuable aspect of complementary health care that can be used safely and effectively in a wide variety of settings, including hospitals, hospices, home care, and long-term care facilities. While it can be used to ease the physical and emotional pains of the elderly and those in medical settings, it can also enhance the quality of life for anyone in need of a caring touch [Source: www.comforttouch.com].

Additionally, for the month of June 2010, any monetary donation to Treasure Coast Hospice, will warrant a 20% discount off the regular price of either ½ or 1-hour massage, from June 15th – 30th. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: www.massage-fitnessspa.com/about.html or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073. For more information about Treasure Coast Hospice and their massage therapy programs, please visit: **Mayes Center for Hope**, 1201 SE Indian Street, Stuart, FL 34997, or call, 772-403-4500, or see: www.tchospice.org/adult-programs. To find out more about upcoming seminars, please see: www.debbierobertsseminars.com.