

# EXTEND YOUR CAREER - BODY MECHANICS WORKSHOP

Ottawa – May 5, 2024

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## Is this you?

You love your career as a Massage Therapist! You have a good practice and it's growing all the time. You love helping people to improve health, function and relaxation. The only concern is whether your own body is going to hold out. You may already be experiencing muscle pain or signs of repetitive strain syndrome.

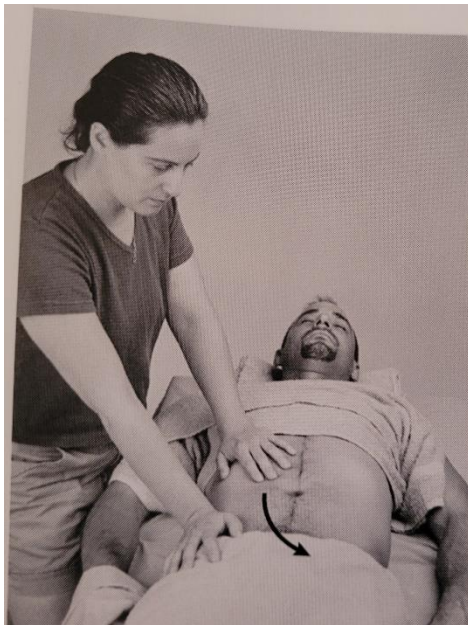
OR

## Is this you?

You are a new RMT! Congratulations and welcome to the profession! Hoping to have a long career and not sure how to best use your body to get you through? Ready to add to what you learned in school?

We know that many therapists drop out of the profession before their fifth year of practice and this is commonly due to because of work-related injury or pain. The secret to a long professional life as an RMT is proper BODY MECHANICS!

**Lee Kalpin** (retired RMT) was in private practice for **thirty-six** years! In this one-day workshop she will teach you to stand and move in ways that will make doing massage much easier on your body, and will prevent injury to your hands, arms, shoulders, and back.



**Joanne Baker, RMT** has been in practice since 1995: Almost **twenty-nine** years and still going! Her long career includes private practice and teaching across North America. Joanne is an insightful facilitator where her dynamic personality and engaging methods shine throughout your learning journey.

This workshop is 90% hands-on, and with 2 seasoned instructors, you are ensured to receive extra personal help and feedback. Register early to reserve your space!

**Fees:** \$275.00 +hst = \$310.75

**Location:** Kanata - 700 March Road

**Registration:** joanne.baker26@gmail.com

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(please put in the notes: "BodyMech Ottawa)