

# Body Mechanics—Extending the Life of Your Career

Sunday, September 24, 10:00-5:30

**Instructor:** Lee Kalpin, RMT

**Max Participant #:** 16



Why is *Body Mechanics – Extending the Life of Your Career* for you? You love your career as a massage therapist. You have a good practice and it's growing all the time. The only concern is whether your own body is going to hold out. You may already be experiencing muscle or joint pain, or signs of repetitive strain syndrome. We know that many therapists drop out of the profession early, and we assume that some of these drop-outs are because of work-related injury. However, we also know that many therapists have been working for ten, fifteen or even more than twenty-five years. The secret to their long life in the profession is proper BODY MECHANICS! In this workshop you will learn to stand and move in ways that will avoid fatigue and prevent injury to your hands, arms, shoulders, and back. Lee will also include a segment on preventing emotional fatigue. The workshop is 90% hands-on, and you will receive lots of individual attention

## Instructor:

*Lee Kalpin has been in active practice since 1984: a career of 32 years – so far! Using her background in yoga and martial arts, Lee has developed a system of body mechanics that has enabled her to practice massage therapy all these years without injuries. She loves to share this knowledge with other therapists. Lee is the owner of Park Avenue Massage Therapy clinic in Holland Landing, just north of Toronto. In addition to her ongoing clinical practice, she has been teaching in massage therapy programs since 1993 and has served in the roles of Dean and Academic Coordinator in Ontario massage therapy schools.*



## Cost:

**Regular:** \$199.00 + HST  
**Early Bird:** \$175.00 + HST by September 5, 2017

**S-C Alumni:** \$170.00 + HST  
**Early Bird:** \$150.00 + HST by September 5, 2017

## Location:

[Sutherland-Chan School](#)  
330 Dupont St, Suite 400  
Toronto ON

## Contact Person:

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