

Body Mechanics—Extending the Life of Your Career

Sunday, May 31, 2020, 10:00-5:30



Description:

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. We know that many therapists drop out of the profession before their fifth year of practice, and we assume that some are because of work-related injury or pain. However, if we look at the CMTO statistics, we also see that there are many therapists who have been working for 10, 15 or even more than 25 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. The workshop is 90% hands-on, and you will receive lots of individual attention.

STRiVE Competencies:

- Maintain personal wellness consistent with the needs of practice

Instructor: Lee Kalpin, RMT



Lee Kalpin has been in active practice since 1984: a career of 35 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:

S-C Alumni: \$190.00 + HST

Early Bird: \$165.00 + HST by May 11, 2020

Regular: \$215.00 + HST

Early Bird: \$185.00 + HST by May 11, 2020

Location:

Sutherland-Chan School
15 Gervais Drive
Toronto ON M3C 1Y8

Contact Person:

Robert Rodbourne
ph: 416-924-1107 ext. 19
email: robert@sutherland-chan.com

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