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## Self-care for Massage Therapists' Career Longevity



Maybe it's a twinge in your wrist. Or perhaps your neck and low back start to hurt midway through your day when before you could practice pain free. You might notice your thumb hurting, or you can't work as deeply as you once did. As a massage therapist, your body (and mind) let you know when something isn't working—and you need to pay attention.

Self-care is essential to career longevity. "There's a reason the airlines instruct you to put your own oxygen mask on before assisting others," says Kathleen Gramzay, a massage therapist and developer of Kinessage®. "If a therapist is in pain or mentally, emotionally or physically fatigued, the chance of personal injury increases and the ability to give top-notch care and service to clients diminishes."

### The Challenges

**Self-talk.** Have you ever had a

day off planned but found yourself at your practice anyway? How about skipping a meal so you can work on that client who was late? Sometimes, how we talk to ourselves makes taking ourselves from the top of the priority list to the bottom much easier—which, when done on a consistent basis, erodes your ability to maintain a solid self-care regimen. "The internal chatter can range from 'I need the money' to 'I can't say no to a client,' and often overrides the therapist's need to take care of themselves, which can lead to injury or burnout," says Gramzay. "Massage therapists are professional caregivers whose habit is to take care of others before themselves."

**Physical pain.** Gramzay's own pain is what spurred her to develop a different way of working. "After one year of practice, my neck and wrists hurt so bad I knew that if I didn't figure out a smarter way to work, I'd be finished before I really even got

started," she explains.

That sentiment probably sounds familiar to many massage therapists. The fact is, however, that massage therapists still face the potential for injury—even with a solid understanding of how physically demanding the massage therapy profession is, as well as the importance of self-care. "Massage therapists spend a significant amount of time in forward flexion, bending and reaching, which causes duress on the neck, shoulder and low back," Gramzay says. "Employing static compression from small muscles and bent joints rather than using movement and translating force through those muscles and joints leaves wrists and thumbs susceptible to more static loading and possible injury."

### What You Can Do

**Heed the warnings.** "Listen to what your body is telling you," Gramzay encourages. "If you're in pain, it means something needs to be tended to, not ignored." Don't try to push through the pain, and be aware of when you're mentally or emotionally feeling overwhelmed. "Your health and well-being are as important as your clients," adds Gramzay.

**You're meant to move.** As a massage therapist, you understand that the body is designed to move. At the very least, make

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# arizona intouch

## Arizona Chapter Board Members

### President

Michelle Cordero  
1456 N. Hamilton Place • Chandler, AZ 85225  
480-220-5629 • michellecorderolmt@gmail.com

### Board Member

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3750 N. Country Club Road #57  
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### Board Member

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vickielewis53@yahoo.com

### Financial Administrator

Tee Wills  
3020 N. Country Club Road  
Tucson, AZ 85716  
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### Secretary

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1650 E. Barbarita Ave.  
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480-813-9326  
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## Arizona Chapter Committee Chairs

### Awards Committee Chair

Sandra K. Anderson  
3750 N. Country Club Blvd. #57  
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Katelyn Faith  
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Phoenix, AZ 85042  
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### Event Coordinator Chair

Lillian Hackett  
Post Office Box 69807  
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1650 E. Barbarita Ave.  
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Arizona Chapter website: [az.amtamassage.org](http://az.amtamassage.org)

Arizona Chapter Facebook: [www.facebook/AMTAArizona](http://www.facebook/AMTAArizona)

AMTA National website: [www.amtamassage.org](http://www.amtamassage.org)



### AMTA Arizona In-Touch

The AMTA-AZ *Arizona In-Touch* is published three times a year by the American Massage Therapy Association, Arizona Chapter, a non-profit professional massage therapy association.

### Mission of AMTA Arizona Chapter

The mission of the Arizona Chapter of the American Massage Therapy Association is to develop and advance the art, science and practice of massage therapy in a caring, professional and ethical manner in order to promote the health and welfare of humanity in Arizona.

### Goals of AMTA Arizona Chapter

- To establish massage therapy as integral to the maintenance of good health
- To increase public awareness of massage therapy and the profession
- To promote high standards in providing massage therapy to the public
- To increase access to quality massage therapy for all persons
- To be an influential member of the health care community
- To be a leader and a resource for issues in the field of massage therapy including— definitions, practice and education standards, legislation and regulation
- To enhance the professional development and personal growth of members
- To continue the Arizona AMTA's growth, development, organizational effectiveness and visibility
- In pursuit of the above goals, the Arizona Chapter of the AMTA will be guided by the values of care and competency.



**H**appy summer to you all! We had 4 wonderful workshops in May, presented by Sandy Anderson and Ruth Werner. They were very engaging and the attendees gave us a lot of positive feedback. Thank you to all who came and especially to the volunteers who helped keep everything running smoothly.

In May, we also approved our budget for 2017-2018 and elected Financial Administrator, Tee Wills, Board Member, Sandy Anderson and Delegates Connie Griffith and Lil Hackett. Connie and Lil will be joining Sandy Anderson and Vickie Rodden in Pasadena to represent the chapter at the House of Delegates at the National Convention. Thank you, all 5 ladies, for your commitment to the chap-



ter. I know you will continue to represent us well!

I realized that this meeting started the last year of my term as President of the chapter. I do plan on sticking around after next May and volunteering in another capacity, but I started to think about how I

envision the last year of my term. I'd love to see more member involvement. I'd love to see our classes packed to capacity. I'd love to see all of our student members become graduate members and then professional members.

The Board of Directors and committee Chairpersons all assemble every year at planning meeting to talk about what we would like to accomplish the following year. We update our policies to reflect any changes on the state or national level and think of ways to support our members and increase member involvement. We will be asking you for your input on the direction we take in the



*Michelle Cordero  
AMTA-AZ Chapter  
President*

next year and plan to reach out each year for member input.

We used to send out surveys right before updating our Strategic Plan every 5 years, but we realized with some of the structure and policy changes that come from the National level, a lot of changes can happen in 5 years. So, we are going to make sure we are asking for input more often from our members to help us drive our goals and activities. I do hope that when you receive the survey (via email), you will take a few moments to let us know your ideas, concerns and suggestions.

Of course, I am always available for a chat anytime. I value you as a member and thank you for your contribution to our chapter!

Until next time,

*Michelle Cordero,  
AMTA Arizona Chapter President*

## Tee Wills: Chapter Meritorious Award Recipient

**T**ee has been working tirelessly as the chapter Financial Administrator for many years. She has always met deadlines to submit financial information to the National office and reimbursement for volunteers and presenters and is prompt with paying chapter bills.

As the processes for managing chapter financials have changed over the last couple of years, Tee has worked with the National office and the chapter volunteers to make the transition as smooth as possible from the chapter end. Tee has tackled the amount of work head on and continues to impress me as everything has been taken care of and taken care of well. As chapter President, it is such a gift to not have to stress out about making sure the money is handled correctly.

Tee also has been serving on the Government Relations Committee and works closely with the Director of the State Licensing Board, as well as our Lobbyist to be aware of any proposed changes or other important pieces of information relating to licensure. She keeps our members updated on all the information so they know that our chapter is working for them to protect our massage therapy law. She maintains a valuable professional relationship with our Lobbyist and is able to negotiate terms of contracts with him to assure our chapter will have our interests looked after. She travels regularly from Tucson to Phoenix to attend State Board meetings to continue to keep the chapter in the loop and maintain the relationship with the State Board.

Tee is organized and is able to meet deadlines and process payments in a timely manner. She has attention to detail

*“ Tee has tackled the amount of work head on and continues to impress me as everything has been taken care of and taken care of well. ”*



*Tee Wills (pictured right), AMTA-AZ Financial Administrator, receives the Chapter Meritorious Award from Michelle Cordero (pictured left), AMTA-AZ President.*

to ensure that the chapter is in compliance with National rules and requests. She is dedicated to work for our members and the greater good of the chapter and the association. Tee is professional in the way she developed and sustained working relationships with our lobbyist, the State Board members and directors and the staff at the National office.

Article by MICHELLE CORDERO, AMTA-AZ PRESIDENT



*Ruth Werner, who teaches continuing education workshops in research and pathology all over the world, presented 3 Continuing Education workshops in Mesa this Spring, offered by the AMTA Arizona Chapter.*

*Pictured left are students at Ruth's "Pathology, Pharmacology, and Massage: an Introduction to Key Concepts" workshop.*

*Ruth is pictured left, standing, in the center of the photo.*



## Self-care for Massage Therapists' Career Longevity

(continued from page 1)

sure you are stretching in directions counter to your habitual patterns throughout the day," explains Gramzay. "For example, place your forearms—elbow to palm—vertically against a door frame and lean in for a pectoralis stretch." Or, make good use of whatever time you have between clients and lie over an exercise ball in extension, arms out horizontally, and breathe deeply.

**Schedule yourself.** Yes, you should schedule regular massage therapy sessions for yourself—but don't stop there. Particularly because self-care is so important, make sure you set aside time for the activities

that help keep you in shape, both mentally and physically. Gramzay advises, "Make the first appointments in your calendar yours: one for your daily exercise or stretching routine, and one for your daily meditation, breathing or relaxation practice. Honor them as if you're being paid for the time, because the value of them is priceless to your well-being and career longevity."

You became a massage therapist for a reason: you want to help people.

Taking care of others, whether that's relieving pain, providing stress relief or helping with symptoms of chronic disease, is at the very heart of what you do. An essential part of your being able to take care of your clients, however, is first taking care of yourself. Incorporating good self-care habits into your massage therapy practice goes a long way in helping you stay in the profession you love.

Article published in MASSAGE THERAPY JOURNAL, MAY 2015

*In spring 2017, Sandra Anderson presented a FREE continuing education workshop for AMTA members and students: "Introduction to Asian Abdominal Techniques" .*

*Pictured right: students at Sandra's workshop.*



# welcome

## New Arizona Members

### Professional

Mandy Akers	Peoria	Rosie Martinez	Tempe	Yuliya Raymer	Gilbert
Stevie Anderson	Phoenix	Netriss McDaniels	Glendale	Joshua Reynolds	Kirkland
Michael Cameron	Prescott	Melissa McLemore	Prescott	Heidi Roberson	Flagstaff
Matthew Force	Phoenix	Debbie McMahan	Phoenix	Auna Robilliard	Tempe
Jennifer Gaucin	Surprise	Taelor Mealey	Kingman	Anastasia Ruggiero	Tucson
Joni Haug	Flagstaff	Tieshawn L. Mims	Mesa	Molly Russell	Gilbert
Myra Hayes	Tucson	Amy Monaco	Oro Valley	Teresa Ruiz	Apache Junction
Sarah Hobby	Tucson	Andrea Murtha	Marana	Brandie Sager	Phoenix
Mary Tashiana Judy	Prescott	Tiffany Nelson	Flagstaff	Erik Snyder	Phoenix
Pamela Lancaster	Tucson	Ariane Noffz	Paulden	Lindsay Spencer	Mesa
Lacey Langer	Scottsdale	Kimberly Norine	Scottsdale	Samantha Studley	Phoenix
Donna Lord-Johnson	Casa Grande	Ryanne Outland	Mesa	Ryan Thomas	Glendale
Kendra Luciano	Oro Valley	Dominique Quiroz	Tucson		

### Student

Cynthia Mari Alcaraz	Phoenix	Latisha N. Brown	Mesa	Paul Donaldson	Mesa
Alejandro Allande	Phoenix	Michell Campbell	Scottsdale	Joyce Doris	Peoria
Daniella Almeida	Tucson	Jason Cano	Glendale	John Driscoll	Phoenix
Jennifer Ach	Scottsdale	Michael Carnes	San Manuel	Katrine Elder	Phoenix
Megan Almodova	San Tan Valley	Leanne Carpenter	Phoenix	Angelique Esquer	Tempe
Destiney Ames	Phoenix	Deshon D. Carter	Tucson	Brianna Faust	Green Valley
Ashly Andrade	Mesa	Sajira Carter	Phoenix	Amberle M. Fieberkorn	Gilbert
Sonya Antone	Laveen	Lonnie Catania	Phoenix	Marisol Fajardo	Peoria
Marge Awarski	Phoenix	Jessica Cellini	Mayer	Marcella Ferguson	Tucson
Niomi Babishoff	Tucson	Haley Changet	Scottsdale	Danielle Finicum	Canebeds
Dawn Bar-Shai	San Tan Valley	Caitlin Chatel	Peoria	Leai Fluker	Gilbert
Taylor Battle	Phoenix	Elizabeth Clark	Mesa	Shannon Follett	Mesa
Renalee Belcher	Phoenix	Tyler Armani Clay	Goodyear	Larissa Fregozo	Chandler
Jonathan Bell	Sedona	Jennifer Conaway	Gilbert	Jenna Fryor	Mesa
Marissa Berhorst	Peoria	Sara M. Conaway	Mesa	Otoniel Galorza	Goodyear
Valles Torres Bianca	Phoenix	Crystal Contreras	Phoenix	Cindy Ganley	Scottsdale
Charlotte Billioque	Phoenix	Kevin Crosman	Mesa	Rocio Garcia	Goodyear
Ian Blake	Mesa	Julio Vazquez Cuadras	Phoenix	Abigail Gatto	Tucson
Rene Blake	Goodyear	Vallon Marie Daniels-Burns	Goodyear	Methanee George	Tucson
Enrique Bojorquez	Phoenix	Brianda Davila	Tucson	Yamileth Gillis	Tucson
Daylan James Brimer	Peoria	Rocio De Lao	Tempe	Shannon Goins	Queen Creek
Allery Orlando Brinson	San Tan Valley	Timothy Devault	Tucson	Martin Grageda	Gilbert

(continued on page 13)

## **Chapter Membership Meeting and Workshop**

**Prescott, Arizona**

# *Working with PTSD as a Bodyworker*

**Saturday, August 12, 2017 • 4 CE Hours**

**Presented by Gloria C. Mathiesen**

# *The Essentials of Reflexology*

**Sunday, August 13, 2017 • 6 CE Hours**

**Presented by Gloria C. Mathiesen**

**Gloria C. Mathiesen, MA, LMT, LPC** graduated in 1997 from Irene Gauthier's Myomassology Institute located in her home state of Michigan. She has been providing therapeutic massage services ever since. Her experience comes from working within 5 star resorts, chiropractic clinics, upscale day spas, providing massage services for professional athletes, and now currently runs a private practice. Gloria is also a Usui Reiki Practitioner Master/Teacher.

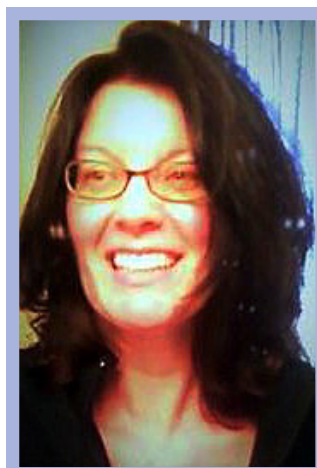
In 2007, Gloria took her massage experience and expertise into the education realm and helped develop and instruct Pima Community College's Therapeutic Massage Program in Tucson, Arizona as an adjunct faculty member. She continued this journey and became a national provider for NCBTMB in 2010. Gloria has provided continuing education for Arizona, New Mexico, Texas, Michigan, New Jersey, and Pennsylvania, along with public self-care workshops.

In addition to her Massage and Bodywork training, Gloria received her MA in Mental Health Counseling from Bowling Green State University, Ohio and is a Licensed Professional Counselor with the state of Ohio. She has also continued her education in the mental health field by receiving

certifications in Marriage and Family Therapy, Compulsive and Addictive Behavior, and Play Therapy from Capella University.

Gloria's passion focuses her development on bridging the mind and body with unique courses involving the use of therapeutic massage with special populations. Some of these populations include those who suffer from PTSD, eating disorders, addiction, domestic violence, and trauma.

Gloria is currently working on a PhD in Philosophy for Counseling Education and Supervision.



*Gloria C. Mathiesen*

For more information,  
visit Gloria's website at:  
[mindbodycontinuinged.com](http://mindbodycontinuinged.com)

# Working with PTSD as a Bodyworker

**“Working with PTSD as a Bodyworker”:** This course begins with an outline of the diagnostic description, etiology, signs & symptoms, and treatment most commonly used for clients who have been diagnosed with PTSD. We will explore the use of alternative therapies and examine how stress affects our brain. Last, we will look at massage considerations during treatment and what our role is with the client’s diagnosis.

**Saturday, August 12, 2017**

10:00 am – 12:00 pm

**AMTA Arizona Chapter Membership Meeting**

12:00 pm – 1:00 pm

**Lunch (not included—on your own)**

1:00 pm – 5:00 pm

**Workshop— “Working with PTSD as a Bodyworker”**

*Working with PTSD as a Bodyworker, August 12, 2017*

Full Name \_\_\_\_\_ AMTA # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**Workshop Fee** — Members  \$60    Any Massage Student  \$60    Non-Members  \$80

**★★★NOTE—\$35 LATE FEE WILL BE CHARGED AFTER THE  
REGISTRATION CUT-OFF DATE, AUGUST 5, 2017!!!★★★**

*Fees listed below apply to all registrations made after August 5, 2017.*

**Workshop Fee (After cut-off date, August 5, 2017)—**

Members  \$95    Any Massage Student  \$95    Non-Members  \$115

Total enclosed \$ \_\_\_\_\_ Make checks payable to **AMTA-Arizona Chapter**

**Do you desire registration confirmation?**— Yes  No  If yes— By phone  By email

If you would prefer to register online, go to **azamta.org**

Please note the fee is for the workshop. A **25% non-refundable deposit is included in the workshop fee**. There is no charge for the AMTA-AZ meeting.

**Mail registration form and payment to—**Tee Wills, AMTA-AZ Financial Administrator  
3020 N. Country Club • Tucson, AZ 85716 • 520-682-0411 • lmtwills@comcast.net





# The Essentials of Reflexology

**“The Essentials of Reflexology”:** An introductory technique class that can be integrated within a massage session. Provides an overview of reflexology which includes: the history of, anatomy of the feet and hands, and the importance of presence. Students will learn a 30-minute routine for the feet, and explore the location and specific techniques for the following; immune boosting, allergies, headache, neck/shoulders/back pain, and an intestinal flush. *This is not a certification course for Reflexology.* Tuition includes pocket reflexology chart.

**Sunday, August 13, 2017**

**9:00 am – 4:00 pm**

**Workshop—“The Essentials of Reflexology”  
(ONLY 6 CE Units)**

**12:00 pm – 1:00 pm**

**Lunch (not included—on your own)**

## The Essentials of Reflexology, August 13, 2017

Full Name \_\_\_\_\_ AMTA # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**Workshop Fee** — Members  \$90      Any Massage Student  \$90      Non-Members  \$120

**★★★NOTE—\$35 LATE FEE WILL BE CHARGED AFTER THE  
REGISTRATION CUT-OFF DATE, AUGUST 5, 2017!!!★★★**

*Fees listed below apply to all registrations made after August 5, 2017.*

**Workshop Fee (After cut-off date, August 5, 2017)—**

Members  \$125      Any Massage Student  \$125      Non-Members  \$155

Total enclosed \$ \_\_\_\_\_ Make checks payable to **AMTA-Arizona Chapter**

**Do you desire registration confirmation?**— Yes  No  If yes— By phone  By email

If you would prefer to register online, go to **azamta.org**

Please note the fee is for the workshop. A **25% non-refundable deposit is included in the workshop fee.** There is no charge for the AMTA-AZ meeting.

**Mail registration form and payment to—**Tee Wills, AMTA-AZ Financial Administrator  
3020 N. Country Club • Tucson, AZ 85716 • 520-682-0411 • lmtwills@comcast.net



# Working with PTSD as a Bodyworker

Saturday, August 12, 2017 • Prescott, Arizona • 4 CE Hours

# The Essentials of Reflexology

Sunday, August 13, 2017 • Prescott, Arizona • 6 CE Hours

## Location

ASIS Massage School  
217 North Cortez Street • Prescott, AZ 86301

## Directions to ASIS

(located a block north of the Courthouse Square in Prescott)  
From I-17, take exit 262 to AZ-69 North  
Continue on AZ-69 North for 32 miles  
to AZ-89 South/Sheldon Street  
Turn left onto Cortez Street

## Room Reservations

Please visit [www.visit-prescott.com](http://www.visit-prescott.com) for lodging suggestions and Prescott area information.

## Registration Contact

Katelyn Faith, Education Committee Chair  
Phone: 520-245-3831  
Email: [katelyn.amtaaz@gmail.com](mailto:katelyn.amtaaz@gmail.com)

## Materials Needed For Workshops

**“Working with PTSD as a Bodyworker”**  
Note taking supplies

## “The Essentials of Reflexology”

Massage table and bolster, Sheets (1 set),  
Towel, Lubricant, Pillow  
Optional: Dark amber glass spray bottle to make a  
foot spray. Presenter will supply essential oil.

## Continuing Education Hours

**“Working with PTSD as a Bodyworker”** 4 CE Hours

**“The Essentials of Reflexology”** ONLY 6 CE Hours

25% non-refundable deposit included (per workshop).

★★★NOTE—\$35 late fee (per workshop)  
will be charged after the registration cut-off date,  
August 5, 2017!!





# Arizona School of INTEGRATIVE STUDIES

## MASSAGE THERAPY TRAINING ENROLLING NOW!

### 800 HOUR PROGRAM

### GRADUATE IN UNDER 7 MONTHS



## CAMPUSES:

MESA - 602.833.6500

FLAGSTAFF - 928.226.1400

PRESCOTT - 928.717.2747

TUCSON - 520.343.0338

## CONTINUING EDUCATION CLASSES AVAILABLE!

### REGISTER NOW!

[WWW.ASISWORKSHOPS.COM](http://WWW.ASISWORKSHOPS.COM)



## STUDENT CLINIC AVAILABLE!

\$30 SENIORS / \$25 STUDENTS

BOOK YOUR SESSION NOW!

[CLINIC.ASISMASSAGE.COM](http://CLINIC.ASISMASSAGE.COM)



## AMTA 2017 National Convention



While your main focus at the AMTA 2017 National Convention (<https://www.amtamassage.org/education/AMTA-2017-National-Convention.html>) will likely be on continuing education, it's worth taking some time to explore Pasadena.

To plan your free time look no further than the *New York Times* article *36 Hours in Pasadena* (<https://www.amtamassage.org/articles/1/News/detail/3719>).

Join your peers at the AMTA National Convention this September 14-16 in Pasadena to earn 18+ massage therapy CE hours, connect with massage therapists from across the country and learn about the latest massage products in the extensive exhibit hall.

### Currently Seeking Membership Committee Chairperson

#### Purpose of the Membership Committee

To enhance the growth of membership through a program that recruits potential members and responds to applicants. The Committee ensures that new members are informed about membership benefits and general membership meetings. The Committee supports professionalism by promoting volunteerism.

#### Duties

Send welcome emails with chapter information to new members monthly. Receive membership lists from the National office and upload the current roster to the chapter's Google Drive. Send new members and transfers list to chapter newsletter editor. Report membership numbers at chapter meetings and to board liaison.

#### Requirements

Must have working knowledge of Microsoft Excel and Word. Google Drive knowledge is a plus. Time commitment is 2-5 hours a month.

#### Interested

If interested, send an email to Connie Griffith ([cagriffith@juno.com](mailto:cagriffith@juno.com)) with the following information:

- Name
- Address
- Phone number
- Email address
- Membership type
- Membership number
- Skills and experience related to this position

# welcome

## New Arizona Members

### Student (con't from page 6)

Shauna Gray	Hereford	Bryan McBreen	Marlcoo	Nerine Robardey	Gilbert
Samantha Nichoel Guerrero	Phoenix	Nichole McCalla	Mesa	China Robinson	Queen Creek
Kimberly Hamlin	Sahuarita	Bridgette McNeil	Tempe	Lovie E. Rocha	San Tan Valley
Tanya Hards	Phoenix	Irma Lorena Melano	Mesa	Emmalee Rogers	Mesa
Martell Hare	Gilbert	Dalilah Mendoza	Chandler	Timothy P Ryan	Tempe
Detra Harper	Phoenix	Frida Mexia	Phoenix	Rikki Saali	Glendale
Julian Harris	Chandler	Lucia Acosta Molina	Tucson	Amanda Saggau	Mesa
Kaitlyn Hawkinson	Phoenix	Mary G. Morales	Tempe	Michael Salas	El Mirage
Alexander Hayduke	Peoria	Vicente Moreno	Tucson	Jonathan Sanchez	Tucson
Bilal Hayles	Tucson	Jennifer Nicole Morgan	Phoenix	Bianca Schmidtke	Mesa
Claudia Hernandez	Chandler	Anthony Mosley	Tucson	Keli Anne Seabase	Saint David
Rachel Hightower	Peoria	Yamane Mut	Glendale	Barbara Simmons	Mesa
Cassandra Holler	Phoenix	Jessica Navarro	Phoenix	Jennie Slade	San Tan Valley
Delphina Jackson-Flores	Chandler	Savannah Nevarez	Mesa	Aaron Soetaert	Tucson
Zuriel Jawed	Chandler	Skyler Newberry	Phoenix	Carroll J Sorce	Oro Valley
Tyler James Jensen	Mesa	Loribeth Newman	Glendale	Alice Stensland	Tucson
Jermaine Deon Jones	Phoenix	Genevieve Nga	Tucson	Andy Stroh	Mesa
Kayelaj Kerr	Tucson	Diana Nguyen	Glendale	Robert Stroh	Tempe
Doreen Knudsen	El Mirage	Eireann Nolan	Phoenix	Erna Stuckey	Scottsdale
Janet Kurm	Phoenix	Jim Nowlin	Prescott	Feng Sun	Sedona
Cody LaCiuita	Surprise	Audrey Anne Partridge	Glendale	Melissa Swaar	Tucson
Elissa Landry	Phoenix	Alyssa Pearson	Mesa	Connie Swanson	Phoenix
Kelly LaPlant	Phoenix	Jaime Person	Mesa	Abrythany Swatzell	San Tan Valley
Austin Lashewich	Tempe	Kimberly Pilling	Glendale	Laura Taylor	Flagstaff
Timothy Joseph Lee	Florence	Alicia M. Pollard	Tucson	Corey Teigen	Chandler
Allison Lesniak	Phoenix	Prapaipan Pratoomnon	Prescott Valley	Teilani Telford	Prescott
Stephanie Lott	Waddell	Lisa Ann Price	Fountain Hills	Emily Ternes	Mesa
Larissa Lovely	Gilbert	Patrick Ramirez	Phoenix	Alejandro Uribe	Mesa
Ashley Lozak	Phoenix	Quatyses Ramsey	Glendale	Alfonso Velaaquez	Tucson
Bridget Lunney	Phoenix	Robert J. Randall	Tucson	Elizabeth D. Veliz	Tucson
Dan Luttrell	Tucson	Mercedes Ratliff	Glendale	Adrian Verdugo-Carrion	Phoenix
Curvaundra Madueno	Glendale	JoAnne Raymond	Phoenix	Toni Vesey	Mesa
Elisa Martinez	Phoenix	Syndia Reeder	Peoria	Regina Villalobos	Mesa
Stephanie Elizabeth Marx-Rasmussen	Phoenix	Hannah Rees	Phoenix	Kristen Villegas	Phoenix
Joseph Mascarenas	Tucson	Daniel Rivera	Chandler	Peggy Villegas	Phoenix
Candice Mayberry	Mesa	Myra Rivera	Tucson	Kasey Wade	Tempe

(continued on page 14)

# welcome

## New Arizona Members

### Student *(con't from page 13)*

Cynthia Adriana Waldrop	Tucson	Tabitha Whiting	Tucson	Sierra Noel Workman	Apache Junction
Tyler Weeden	Tempe	Carrie Williams	Litchfield Park	Eric Lincoln Worthington	Mesa
Teresa Weekley	Glendale	Nicole Williams	Phoenix	Timeekn Young	Peoria
Brandy White	Phoenix	Robert Wills	Scottsdale	Francisco Zelaya-Armenta	Phoenix
Braxton White	Tucson	Kitty Wolfe	Phoenix	Ivan Zovko	Phoenix

### Graduates

Sarah Belloc	Arizona City	Cathryn Goldberg	Flagstaff	Sara Scott	Phoenix
Eli Bernstein	Flagstaff	Maricel Haas	Chandler	Deenie Siebenaler	Gilbert
Daniel Birdsall	Phoenix	Shirley Hall	Chino Valley	Cara Silverstein	Tucson
Payton Brown	Scottsdale	Mara Leake	Sedona	Brittany Stone	Scottsdale
Susan Casaccio	Surprise	Keegan Leavell	Prescott	Wende Teague	Phoenix
Casey Cavolaski	Mesa	Jennifer Mann	Mesa	Jamila Tolbert	Scottsdale
Gabriel Estrada	Scottsdale	Jesus Ruiz Meza	Scottsdale	Ronnie Triphahn	Phoenix
Gabriel Gardiola	Chandler	Kristen Nash	Phoenix	Koryn Walton	Peoria
Inez Gavino	Phoenix	Audrey Peacock	Bullhead City	Jennifer Wilkerson	Payson
Angela Gindlesperger	Chandler	Olivia Schaan	Goodyear		

### Professional Transfers

Mallory Asti	Sedona-CO	Lacey Graham	Scottsdale-OR	Ronald Love	San Tan Valley- IL
Tracie Bollinger	Maricopa-ND	Gillian Healy	Yuma-SD	Melissa Miller	Tucson-WA
Sophia Cook	Glendale-CA	Shaunna Michelle Holm	Colorado City-NV	Keli Parker	Prescott Valley-NV
Brenda Girolamo	Chandler-NH	Sheryl Lanham	Lake Havasu City-IN	Rachel Peara	Phoenix-IL
				Cheryl Skinner	Phoenix-FL

### Student Transfers

Denise Betoni	Mesa-NM
Renee Juarbe	Phoenix-GA

### Graduate Transfers

Alexandria Mikula	Bullhead City-NM
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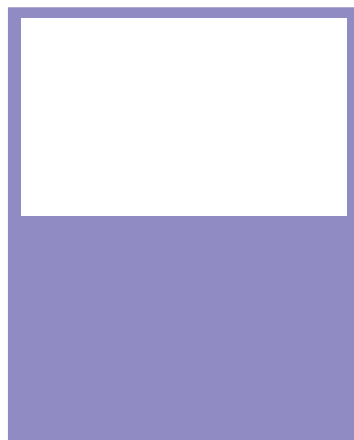
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Newsletter page size is 8<sup>1/2</sup>” wide x 11” tall



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Contact Michelle Cordero, AMTA-AZ Chapter President, michellecorderolmt@gmail.com, 480-220-5629



### Publishing Dates

Three Times per Year

#### Spring

Deadline February 1\*  
Release Date March

#### Summer

Deadline May 1\*  
Release Date June

#### Winter

Deadline October 1\*  
Release Date November

\*Deadline refers to deadline to submit both artwork and payment.

All advertising submissions must be camera ready, full color jpg 72 dpi files.



## 4 TIPS FOR A HEALTHY SUMMER

1. Buy Locally
2. Get Moving
3. Protect Your Skin
4. Schedule a Massage

Ruth Werner (pictured right, standing), teaching “Pathology, Pharmacology, and Massage: an Introduction to Key Concepts” in her May 2017 workshop in Mesa, offered by AMTA-AZ.

