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Communicator

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The Massage Therapy Foundation is a proud Healthy People 2030 Champion!

Click here to learn more about the Healthy People initiative, which sets 10-year national objectives to improve health and well-being, and how MTF plays a part.



FREE CE RESEARCH WEBINAR

From White Paper to Practice

October 19, 2022 1:00 PM



Adrienne F. Asta,
BA, LMT



Portia Resnick,
PhD, ACT,
BCTMB, LMT



Susan Salvo,
EdD, BCTMB,
LMT

[Register Now](#)



Free CE Ergonomics Webinar

Learn more about research data gleaned during Phase One of the Massage Therapy Foundation Ergonomics Project and ways in which it may benefit your practice! Join MTF President Adrienne F. Asta, BA, LMT, and MTF Trustee Portia Resnick, PhD, ACT, BCTMB, LMT, and Susan Salvo, EdD, BCTMB, LMT, to discuss the 2022 *MTF Ergonomics Project: Phase One Report*, and how you can apply the principles of ergonomics in your massage therapy practice.

Viewers are encouraged to read the white paper prior to viewing the webinar. Earn 1 free CE by taking the quiz at the end of the presentation.

- Takes place October 19, 2022, 1-2PM CST
- Register here: <https://bit.ly/3DPBTyD>
- Please read the *MTF Ergonomics Project: Phase One Report*, available for free download here: <https://massagetherapyfoundation.org/resources/e-books/>

[Register Now](#)

Boston Runners Wanted!



#RunningForResearch 2019 teammates Kim Nimmo (left) and John Cassinerio celebrate at the Boston Marathon finish line.

Have you ever dreamed about running the Boston Marathon? The Massage Therapy Foundation is looking for eager applicants to run and raise funds for MTF in the 2023 Boston Marathon® on April 17, 2023. Four runners will be selected for Team MTF—Running for Research.

The Boston Marathon® is the world's oldest annual marathon; and running it is a major bucket list item for serious distance runners throughout the world. **The John Hancock® Non-Profit Marathon Program provides runners who might not otherwise qualify to run this marathon with a way to participate and raise funds for the charities which mean the most to them.**

Since our team's first race in 2013, this program has raised \$531,074 for MTF and has helped us bring awareness of massage therapy benefits to a wide audience.

Come to Boston, run 26.2, and celebrate Patriot's Day! No need to have a qualifying time, just a desire to raise money for massage therapy research and then revel in your accomplishments.

[Apply Today!](#)

All pages of the application must be completed and returned to MTF by mail or email by noon (CST) October 12, 2022.

For questions contact Marla Gamze at mgamze@massagetherapyfoundation.org

Dolly Wallace Receives Humanitarian Award

The Massage Therapy Foundation (MTF) and Stopain Clinical were pleased to award **Dolly Wallace LMT, BCTMB, with the 2022 MTF / Stopain Clinical Humanitarian Award** at the American Massage Therapy Association (AMTA) National Convention held in Cleveland, OH.

Wallace was honored in recognition for her above-and-beyond efforts in improving the welfare of the massage therapy profession and demonstrating selfless devotion to others.

[Read More](#)



Photo: Dolly Wallace (left) and MTF President Adrienne F. Asta

Marshall Dahneke on Managing Pain



“Keeping the mind and body in sync and firing on all cylinders are essential, especially when running marathons ... or performing daily massage ... is part of life’s journey. One of the main challenges that can throw a wrench in any marathon or massage plan is PAIN. Pain sidelines even the most well-conditioned individual as it disrupts not only how the body moves and performs but also impacts mentality, mood, even motivation.”

Read the latest sponsored blog from Marshall Dahneke (former CEO of Performance Health), who is running the 2023 Boston Marathon to honor his late daughter, Jaquelyn, and raise funds for MTF to help support breast cancer-related initiatives via The Jacquelyn Project.

We Couldn't Do It Without You!



MTF Community Service Grant,
Massage Therapy for Survivors

Help the Massage Therapy Foundation to build on more than 30 years of service and continue to provide valuable research grants and conferences, FREE educational webinars, study materials, and a peer-reviewed journal **to give you and your colleagues the edge you need to make a difference in the lives of others.**

Feel good about supporting communities in desperate need of massage who would otherwise not be able to afford these services through MTF Community Service Grants. If you are able, please show your support for our programs!

[Make a Gift](#)

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