

February 2024



Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

3 Days Left!

Just \$2385 from Our Goal

Will You Be a Hero for Those in Need?



We are steps from the finish line of our annual giving campaign—and so very close to making our goal, thanks to generous, caring donors who make a positive impact in your massage therapy community!

Your donations go a long way—for hospice patients, immigrant farmworkers, veterans, those undergoing cancer treatment, and many others **who would not receive massage therapy without MTF Community Service Grants**. Through your donations, MTF is able to fund much-needed research and provide a wide range of free educational materials for therapists and educators. **We accomplish amazing things only through the generosity from caring people like you!**

Please give today, all amounts are appreciated!

Be a Hero—Donate Today!

New Blog: MT for Heart Health



Did you know massage therapy can be beneficial for the heart?

Massage can play a valuable role in cardiovascular health by **relieving stress, lowering blood pressure, and improving circulation**. While more research is needed, current evidence suggests regular massage can positively impact heart health.

In honor of February's American Heart Month, learn more about how therapeutic massage can aid all types of clients in meeting wellness goals.

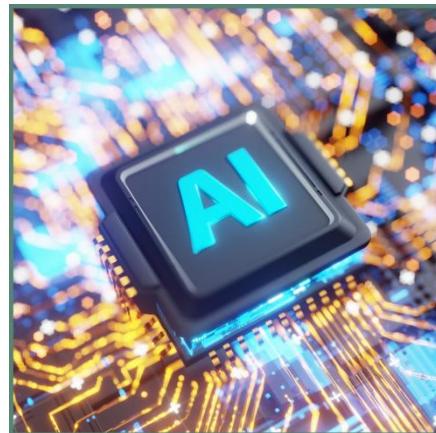
[Read the Blog](#)

IJTMB Highlight: AI for MTs

Explore the opportunities and limitations of integrating generative AI in the massage therapy field by reading *Navigating Generative AI: Opportunities, Limitations, and Ethical Considerations in Massage Therapy and Beyond*. Emphasizing the need for ethical regulation amidst its creative potential, the discussion advocates for a measured and conscientious integration of generative AI across different sectors.

[Read it in IJTMB](#)

IJTMB is open-access, peer-reviewed, and indexed in PubMed. It is the official journal of the Massage Therapy Foundation and the Registered Massage Therapists' Association of British Columbia.



Basics of Research Literacy Course



Check out the new and updated **Basics of Research Literacy (BRL)**.

BRL is a three-hour, NCBTMB-approved online course for massage therapists and educators about incorporating principles of research literacy in your practice and teaching. **BRL is an interactive skill-building experience that has the capacity to positively change the way you work.**

This course was created as a fundraiser for the Foundation. **The Academy of Clinical Massage donates 65% of the proceeds from this course to the MTF.**

[Sign Up for BRL](#)

Grants and Contests

The following MTF grants and contests are now open, with application deadlines as follows:

- [2024 Community Service Grant: March 1, 2024](#)
- [2024 TJP Breast Cancer Community Service Grant: March 1, 2024](#)
- [Bob King Community Service for Schools: Next quarterly deadline March 1, 2024](#)
- [Student & Practitioner Case Report Contests: June 1, 2024](#)

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