

July 2022



# Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE



Connect with us and take an active role in gathering hands-on research through your daily practice

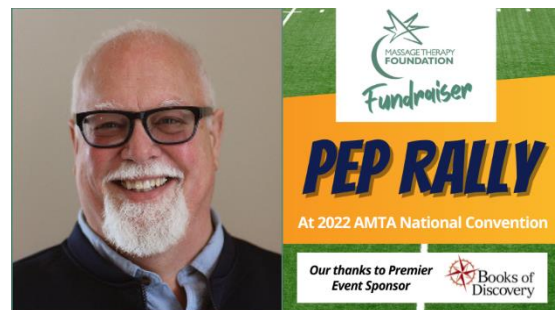


MassageNet.org

## MTF Pep Rally Celebration

“We’re celebrating the incredible strides the MT profession has made and is making, much of it thanks to MTF and the volunteers and donors who support the mission.” **Tim Herbert of Books of Discovery, Premier Sponsor of MTF Pep Rally**, invites you to join us August 26 in Cleveland for a Pep Rally-themed celebration!

[Read Tim's](#)



## Come Celebrate with MTF!



Party Games

& Prizes

### Costume Contest!

Dress to support your favorite team, chapter, school, etc., and win cool prizes!



Tasty Tailgate Appetizers

- **Date & Time:** Friday, 8.26.2022, 6:30-8:30PM EDT
- **Cost:** \$65 donation (includes food, 1 drink ticket) (\$8/ticket is donated to MTF). Cash bar for additional drinks.
- **Location:** Huntington Convention Center of Cleveland, 300 Lakeside Avenue East Cleveland, OH 44113

[Buy Tickets](#)

The Jacquelyn Project Featured in *MASSAGE Magazine*



Our thanks and encouragement go to Marshall Dahneke, past CEO of Performance Health, who is taking on the challenge of running the April 2023 Boston Marathon to honor the life and legacy of his late daughter, Jacquelyn (Dahneke) Penrose, all while generously raising funds for the Massage Therapy Foundation.

Learn more about his journey in *MASSAGE Magazine*:



[Click Here to Read](#)

## Relax and Recharge – Join Us for Virtual Yoga August 9th

Relax and recharge in this hour-long gentle and nurturing online yoga and meditation class with yoga instructor and MTF Board member, Kim Nimmo, while at the same time lending support to the Massage Therapy Foundation.

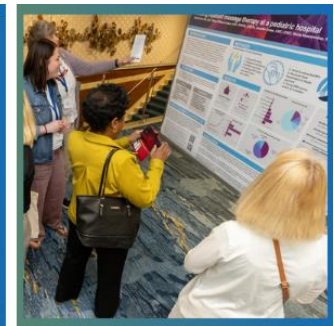
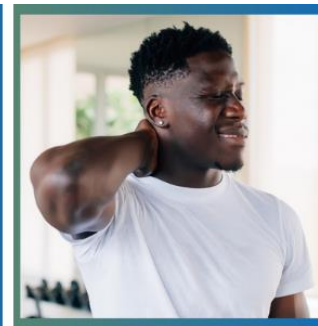
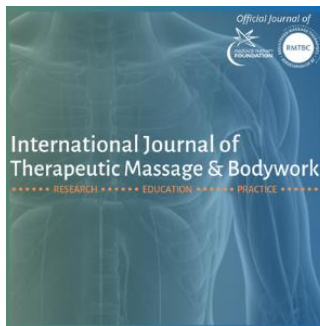
Join us August 9 at 6:30pm CST for a soothing yoga practice focused on calming the body and mind through gentle stretching, yoga poses, guided breathing techniques, and guided meditation. Free with donation of \$10 or more to the Massage Therapy Foundation.



Gentle Yoga with  
 Kim Nimmo   
 Virtual Yoga via Zoom  
 August 9th, 2022 6:30-7:30pm CST



[Sign Up](#)



## Check Out the Latest Research in *IJTMB*

Have you checked out the newest issue of *IJTMB*? Vol 15 No 2 (2022) includes the publication of:

- [Comparison of the Effect of Reflexology and Swedish Massage on Restless Legs Syndrome and Sleep Quality in Patients Undergoing Hemodialysis: a Randomized Clinical Trial](#)
- [The Effect of Muscle Energy Technique and Posture Correction Exercises on Pain and Function in Patients with Non-specific Chronic Neck Pain Having Forward Head Posture—a Randomized Controlled Trial](#)
- [Poster Abstracts from the 2022 Massage Therapy Foundation International Massage Therapy Research Conference](#)

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

Read

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## Grant and Contest Deadlines

2023 Student Case Report Contest is now open; submission deadline is June 1, 2023.

Apply

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## Your Donations Make it Happen!



MTF Community Service Grantee: Nevada  
Childhood Cancer Foundation Therapeutic  
Massage for Adults Touched by Cancer

**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.**

Give

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## Communicator Sponsorship Opportunities

**Is your organization looking for a place to advertise while supporting massage therapy research, education, and community service initiatives? Consider sponsoring issues of the *Communicator*.** One sponsorship is available per issue. Only 12 available per year!

[Learn more about this offer](#)



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[View previous issues on our Communicator Archives page](#)

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