

October 2022



Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE



SAVE THE DATE
MTF Virtual Wine Tasting Fundraiser
Thursday, January 19, 2023



Free CE Ergonomics Webinar Tomorrow!



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

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 Asta, MTF Trustee Portia Resnick, and Susan Salvo, to discuss the 2022 *MTF Ergonomics Project: Phase One Report*, and how you can apply the principles of ergonomics in your MT 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.

If you cannot attend live, register to watch the recording.

- 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](#)

New Research Perch: Efficacy of Perinatal Massage

Join us for Research Perch! In Part I of this two-part episode, host Adrienne F. Asta welcomes Michele Kolakowski, LMT, CD & CPD (DONA), CLC, and Carole Osborne, BCTMB, two of the co-authors of the highly successful book, “Pre- and Perinatal Massage Therapy.”

The trio discuss recent research into the efficacy of massage and birth narrative storytelling for women immediately following unplanned cesarean birth.



Check it Out

Deadline Extended—Run Boston for MTF!



Seeking 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.

Since 2012, MTF has been grateful for the opportunity to participate in **The John Hancock® Non-Profit Marathon Program**, which 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. Over the years, this program has raised \$531,074 for MTF and has helped us bring awareness of massage therapy benefits to a wide audience.

Now you, too, can be a part! 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 21, 2022.

For questions contact Marla Gamze at mgamze@massagetherapyfoundation.org

Marshall Dahneke on Managing Pain

“Good eating habits are core to good nutrition, and nutrition is central to our health and wellness.”

Check out the latest MASSAGE Magazine article by Marshall Dahneke, who is running the 2023 Boston Marathon in honor of his late daughter Jacquelyn while raising funds for MTF:

[Read More](#)



Grants and Contests Now Open!

- **Research Support Grant (up to \$30k): submit by February 1, 2023**
- **Research Award Grant (over \$30k): submit by March 1, 2023**
- **Community Service Grant: submit by June 1, 2023**
- **2023 Student Case Report Contest: submit by June 1, 2023**

[Apply Here](#)

Sponsored Content

ABMP CE SUMMIT
LYMPH
Virtual: Tuesday, October 25, 2022
REGISTER NOW
abmp Associated Bodywork & Massage Professionals

We Couldn't Do It Without You!



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

Communicator Sponsorship Opportunities

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

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