



# 2019 Annual AMTA-Idaho Convention

Red Lion Inn - Downtown Boise, ID

May 3-5, 2019

***Join us & bring your inner Super Hero!***

## 2-Day Workshop: Massage and Cancer: Finding the New Normal (16 CEUs)



**Mary Aguilera-Titus,**  
BA, LMT, BCTMB

Course description: Because cancer is a disease that impacts so many, that there is little doubt that massage therapists will encounter a client with a history of cancer in their practice. *Massage and Cancer: Finding the New Normal* is a 16 CE workshop is focused on providing touch therapists with an understanding of cancer, a review of various therapies involved in the treatment of cancer and focus on long term and late term effects. These effects will impact the delivery of an informed and supportive massage therapy session. This class will be a blend of lecture, hands on practice with other students in the class, and group exercises.

***Items needed for workshop:*** massage table, 2 pillows, sheets, towels, massage oil/lotion. Wear loose, comfortable clothing.

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### About the Super Hero Instructor: Mary Aguilera-Titus

Mary Aguilera-Titus, BA, LMT, BCTMB has been in practice since 2002. She comes from a close knit family of seven, and when two of her sisters passed away in the summer of 2006 from breast cancer, the experience left an indelible mark and formed much of her approach and desire to support those living with cancer. Knowing that skilled touch can be a powerful support to people impacted by a diagnosis of cancer, Mary has focused much of her work in the field of oncology massage.

Since 2009, she has been part of the Palliative Care Service interdisciplinary team at Suburban Hospital, providing inpatient massage therapy. Mary is also part of the Integrative Medicine Service at Sibley Memorial Hospital, providing outpatient massage therapy. Both hospitals are affiliated with Johns Hopkins Medicine. She is also an instructor with Oncology Massage Education Associates, offering education to other massage therapists. Mary is a charter member of the Society for Oncology Massage, and serves as chair of the Education Committee.

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## Day 1 Workshop: Structural Release of the Hips (8 CEUs)

and

## Day 2 Workshop: Structural Release of the Abdominals & Psoas (8 CEUs)

**STRUCTURAL RELEASE** will teach the theory and techniques for structural realignment of the body. This can enable you to integrate and combine the conscious awareness of body, mind and spirit to facilitate advanced states of healing. The intent of the treatments is to balance the body into alignment with its environment, freeing the energy flow that will enhance the body's physiological and psychological function.

**The Hip** course will assess and balance a tilted and rotated pelvis. A balanced pelvis will lead to structural integrity of the whole body.

**The Abdominal** course will release the diaphragm and abdominal cavity and free the psoas to increase and maintain the clients structural integrity.

**During these workshops:** We will review the anatomical structure of the areas being taught, learn structural assessment for the areas, learn the hands-on techniques and **give and receive a two hour session**. You will be able to immediately integrate the information learned in these courses into your current practice.



Gary Schwander, LMT

**Items needed for workshop:** Massage Table, Pillow/Bolster, & Sheets.

Wear loose, comfortable clothing

**About the Super Hero Instructor:** Gary Schwander, LMT is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education provider #294961. Gary has been practicing massage therapy since 1989 and teaching massage courses since 1992. Gary has served as a member of the AMTA National Sports Massage Education Council, as an Athletes' Medical Services Massage Therapist during the 1996 Centennial Olympic Games and as a member of the 2002 Winter Olympics Sports Massage Team. Gary has also worked in the NY Mets Rehabilitation Clinic in Port St. Lucie, Florida and currently teaches and practices in Spokane, WA.

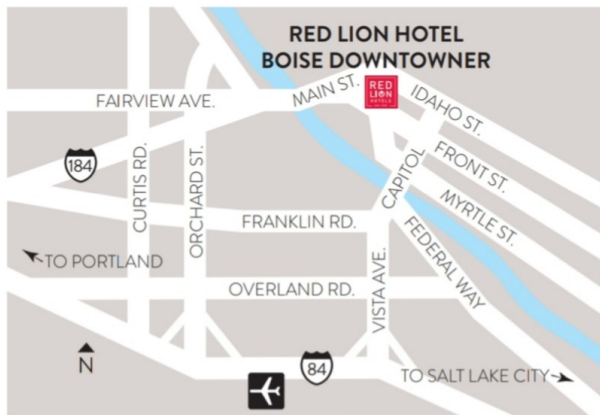
Visit [www.GarySchwander.com](http://www.GarySchwander.com)

## 2019 AMTA Idaho SUPER Annual Convention Schedule

Dates/Times	Friday, May 3	Saturday, May 4	Sunday, May 5
7:30 am		Registration	
8:00 am			<b>Classes Begin:</b> <b>Massage &amp; Cancer</b> (Sawtooth Rm) OR <b>SR: The Abs &amp; Psoas</b> (Selway Rm)
8:30 am		<b>Classes Begin:</b> <b>Massage &amp; Cancer</b> (Sawtooth Rm) OR <b>SR: The Hip</b> (Selway Rm)	
12:30 pm – 1:30 pm		<b>AMTA-Idaho Annual Member Meeting &amp; Luncheon:</b> Lunch provided & all attendees welcome	<b>Sunday Luncheon &amp; MTF Super Fundraiser Wrap-up:</b> Lunch provided & all attendees welcome
5:00 pm	<b>Meet &amp; Greet Social</b> 5:00 pm - 8:00pm Light Appetizers provided (No-host Bar)	Classes end @ 5:30	Classes end @ 5:00
6:00 pm	Wear your favorite <b>SUPER HERO</b> T-shirt, Cape &/or Mask for fun photo ops!	<b>Convention Banquet &amp; Massage Therapy Foundation Super Fundraiser</b> (6:30 pm—9:30 pm)	Return to your lair with new Super Tools to add to your Super Hero Tool Belt!
Please Note: Times are tentative and subject to change			

## Host Hotel

Red Lion Inn  
1800 Fairview Ave  
Boise, ID 83702  
208-344-7691



### LOCATION

The Red Lion Hotel Boise Downtowner is conveniently located near the core of downtown, off I-184. The hotel is just 10 minutes from the airport and a short drive from nearby golf courses, the state capitol, Boise Centre and many other popular attractions.

### ROOMS

182 renovated guest rooms with pillowtop beds, microwave, refrigerator, coffee maker, hair dryer, iron and board, flat screen TV and complimentary wi-fi.

### DINING

Enjoy the convenience of casual, all-day dining at the Coffee Garden. Later, unwind at Characters Sports Bar with a game of pool or darts, or just kick back and enjoy sports on the big screen TVs.

### TRANSPORTATION

Complimentary transportation to and from the airport is available.

### SERVICES

The hotel offers complimentary parking and business services such as computer, mail/package handling and faxing.

Super Special Convention Rate: **\$104 + fees**

- 2 Queen Beds
- Breakfast fit for a Super Hero included

Be sure to mention our Super group code:

**AMTA2019**

Call 800-RED-LION (800-733-5466)

Or

(208)-344-7691

To reserve online:

<https://www.redlion.com/create-booking?proper-ty=6371&type=group&code=AMTA2019&redirect=property&start=2019-05-03&end=2019-05-06>

Hotel amenities include:

- Outdoor pool
- Fitness Center
- Business center
- Restaurant
- Sports Bar
- Handicapped Accessibility
- Pet Friendly
- Smoke Free
- Environmentally Friendly

## 2019 AMTA IDAHO STATE CONVENTION REGISTRATION

**Online:** <https://www.regonline.com/amtaid> or **by Mail:** Complete this form and return with payment (check or money order) payable to: AMTA-Idaho to Donna Hoffman, 3757 Country Club Dr., Lewiston ID 83501. Contact Donna @ 406-210-1093 or vp2.amtaid@gmail.com for more info.

Name: _____  Email: _____  Phone: _____  Address: _____	<b>AMTA Member Rate</b>  Member # <div style="border: 1px solid black; height: 20px; width: 100%; margin: 5px 0;"></div> Expiration: <div style="border: 1px solid black; height: 20px; width: 100%; margin: 5px 0;"></div>	<b>Non-AMTA Member Rate</b>	<b>Student Rate</b> (must be currently enrolled in a massage program) <b>Name of Program:</b> <div style="border: 1px solid black; height: 40px; width: 100%; margin: 5px 0;"></div>	<b>Total</b>	
<b>Full Convention Registration Includes:</b>  ⇒ 2 Days of Workshops (16 CEUs) to add to your superhero toolbox  ⇒ Friday nite Meet & Greet  ⇒ Saturday & Sunday Luncheons  ⇒ Saturday Night Banquet  ⇒ Massage Therapy Foundation Fundraiser	<b>Banquet Choice:</b> (please choose one)  <input type="checkbox"/> Regular <input type="checkbox"/> Vegetarian Both meal choices are gluten free  <b>Class Choice:</b> <input type="checkbox"/> Oncology for People Living with Cancer ---OR--- <input type="checkbox"/> Structural Release of The Hip & Structural Release of the Abdominals and Psoas	<b>Early Bird Rate</b> (ends 4/24/19)  <div style="border: 2px solid black; padding: 10px; display: inline-block;"> <b>\$209</b> </div>  <b>Full Rate:</b> <b>\$229</b>	<b>Early Bird Rate</b> (ends 4/24/19)  <div style="border: 2px solid black; padding: 10px; display: inline-block;"> <b>\$229</b> </div>  <b>Full Rate:</b> <b>\$259</b>	<b>Early Bird Rate</b> (ends 4/24/19)  <div style="border: 2px solid black; padding: 10px; display: inline-block;"> <b>\$99</b> </div>  <b>Full Rate:</b> <b>\$109</b>	<div style="border: 2px solid black; padding: 10px; text-align: center; margin: 10px 0;">             Please note: If registering online, there will be additional processing fees added to the registration price.           </div>
<b>Additional Banquet Tickets</b>	<b>\$40 EACH</b> (Please enter the number of total <b>EXTRA</b> tickets per meal choice) Regular (GF) _____ Vegetarian (GF) _____ <b>Note:</b> One banquet ticket is included with each registration. This is only for <b>extra</b> tickets  Total Extra Tickets _____ X \$40 = _____				