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Hi, just a reminder that you're receiving this email because you are a member of the AMTA Utah Chapter. Don't forget to add [bulletin@amtautah.org](mailto:bulletin@amtautah.org) to your address book so we'll be sure to land in your inbox!

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AMTA - Utah Chapter Newsletter  
Spring 2016 Newsletter  
Election Results - Chapter News - Upcoming Classes



online newsletter

[amtautah.org](http://amtautah.org)

**hands in motion**  
AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

March 3, 2016

## President's Message

***Spring is a time of change.*** Daffodils are forcing their way through the frozen dirt and snow, searching for the warmth of the sun. The blue and white Wasatch Mountains start giving away to the exposed land and fresh grasses. Spring is a time of renewal. It's a time to feed our body and our soul with new knowledge, new challenges and new ideas.

Reinvent yourself, change the way you look at your life, your profession. Where do you want to be? What do you want your life to look like? Sound like? Feel like?

Now is the time to start creating that life!

You are the catalyst for what your future looks like. AMTA has tools and opportunities to help you make the changes you seek.

Do you want to improve your social media skills to increase your business; we have a class for that. Would you like to get certified in a specific modality? We have opportunities to make that happen.

How do you find out about these upcoming events and opportunities? Go to our website [www.amtautah.org](http://www.amtautah.org)

The website has a calendar of events, including the schedule of our board meetings.

Thanks to Jennifer Wakefield, who attended the 2016 Utah Chapter



President, Jennifer  
Hanna

convention and annual meeting, she suggested easier access to attend board meetings. Your board members listened.

I am proud to announce, starting with the March 16, 2016 meeting, any AMTA Utah Chapter member, will be able to log into our meeting via "go to webinar". We are making it easier for our members to feel connected and easily participate in our meetings, without leaving home.

Along with our website, we have this newsletter. We try to give updates on what is coming up and what has happened since the last newsletter. We have a website and a newsletter; yet I continue to encounter massage therapists that tell me they didn't know about an event or what was happening with the massage laws in Utah.

A huge part of making any kind of change is ACTION. If there is one thing I would recommend each and everyone one of you do, it would be to visit the website, open the newsletter and read it. Then encourage your peers to do the same. AMTA is a membership-driven organization. Member's input and participation is what directs us, the Board of Directors. It is discouraging to put time and effort into planning a class, or event and have a small turn out, only to hear later, that members didn't know about it. Likewise, it's exciting and fulfilling when members seek improvement, participate, show up and show interest in their profession and share their experience with colleagues. Take the initiative to read your email from AMTA Utah Chapter and visit the website!

I look forward to working with an amazing group of board members in creating new opportunities that will nourish growth and development for you and your fellow AMTA members.!

If you have questions, comments, suggestions or concerns, or would like to volunteer in some way, please feel free to contact me.

*Jennifer Hanna*

AMTA Utah Chapter President

[email me here](#)

801-573-7382

[Utah Chapter Leadership Contact Information](#)

## Easier Access to Board Meetings

We are so excited to offer easy access to our chapter board meetings. Members will be able to contact Heber Blackner 2nd VP, up to three days before the meeting to get an access code.

As an attendee, you will be able to listen to the board meeting from your office or your home. You may even ask questions during the board meeting. In the near future, we will have [detailed instructions on our website](#) of how to access "Go to Webinar" and what to expect.

This is another way to be an active participant in your profession. Check out the

website for more information [amtautah.org](http://amtautah.org)

We look forward to hearing from you!

## Convention Report

It was great to see new and a few familiar faces during the classes at the 2016 convention. We had several great instructors for our state convention.

Crystal Sacco did a great job teaching the First aid/AED/CPR course. Everyone that participated was able to get certified.

Tami Davis needed to open the classroom doors during her Heart Centered Chakra Touch class. The participants had filled up the room with so much energy, it was the only way to help it release.



Chakra Class

Winifred Cain led the Thai Foot Massage class from working with painful crystals in the feet to bringing balance back to the body and restoring energy flow.

Roger Olbrot is always an entertaining and educational instructor. He led the participants into a deeper understanding of the anatomy and physiology of fascia, along with an in-depth study of the inflammatory process and scar tissue. Also covered were new information being uncovered in the role of fascia techniques in combating cancer. Plus a reminder of fascia bodywork techniques and post surgical work.



Thai Massage Class

The AMTA Utah Chapter Business meeting included the announcement of the new board members. We congratulate Jennifer Hanna, President; Heber Blackner, 2nd VP, and Kirk Jorgensen Secretary.

We also approved the budget for the 2016-2017 fiscal year.

Look forward to the upcoming classes and next year's convention in April.

[More Pictures](#)

## Upcoming Continuing Education



## Social Networking as a Business Tool

Welcome to the new Millennium - we're well into the modern age of electronic communication. It is the new reality for how many consumers shop and buy. "Millennials" now make up the largest segment of the population and they do EVERYTHING online and mostly with their phone. If you don't have a presence in the online/mobile space you simply don't exist to them.



This class promises to help you get your online presence setup and working - **while in the class** - this is a practical workshop - bring your computer and be prepared with some information that you can input using the tools provided with your AMTA Membership. See below for what to bring to class.

This class is presented in two weekends. Part I will get you started, much further than you could do on your own for sure. The next weekend, Part II, helps you take it even further and helps you take maximum advantage of the web services you get free with your membership and with Social Media. You'll learn and use some powerful tips and tricks that will put your business on the digital map!

FYI: Part I of this class was offered last fall and was SO successful and got such rave reviews that we decided to offer it again. AND, students asked to go even further and that's why we're offering Part II - Don't miss your change to get a jump start on your online/mobile presence in the marketplace!

### Class Details:

Instructor: Tyler Cazier

Location: Myotherapy College of Utah  
336 Bugatti Dr  
Salt Lake City, UT 84115 [\[map\]](#)

Dates: Part I: Saturday, April 23  
Part II: Saturday, April 30 (Prerequisite:  
Part I)

Times: 8:30 AM - 3:30 PM (Both dates)

Cost:  
AMTA Members: \$25 each Part  
Non-Members: \$50 each Part

[Text Link \[Online Registration - Part I\]](#)

[Text Link \[Online Registration - Part II\]](#)



Tyler Cazier

Continuing Education:

7 Hours NON-NCBTMB Continuing Education Credit

Instructor:

Tyler Cazier

Tyler graduated from BYU with a BA in Advertising and enjoys telling a great story on the web or face to face. He's been building websites since 1996 and currently builds and maintains secure websites for financial institutions.  
What to Bring to Class:

***This is a build-it-right-now class, so come prepared.  
Here's what you need:***

- AMTA Membership ID & Password
- An-internet enabled device (WiFi) - preferably a laptop. You'll be entering data into web forms, so tablets and phones will work, but it will be far less painful with a laptop.
- Power Supply for your computer
- Content for your pages. Take some time to hash out what you'd like to put on your homepage, about me page, and products / services page.
  - List of services
  - Pricing
  - Modalities and descriptions of them
  - Bio (About yourself, staff)
  - Business Description (About your Business)
  - Business Hours
  - Business Address
  - Contact Phone Number
  - Contact Email Address
- Site assets. That's industry jargon for anything you want on your site that's NOT words. Things like your logo, a photograph of yourself, PDFs, movies, etc.
  - Digital pictures
- Questions. This class is designed to help you get your business off the ground. All questions are welcome: questions about the web, how to use it, social media, advertising, or anything else!

## Mission

The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah.

[AMTA Utah Chapter Website](#)

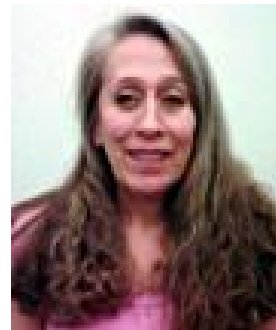






## Volunteering with the Chapter

I was asked to share with you the joys and benefits of being an AMTA volunteer. This provides a great reason to look on the website and choose someone to contact, on the board or a Chair, offering your time and skills. I ask this because board members do not have a copy of the chapter roster and do not want to bother you if you are not interested in volunteering. You can inquire as to what they need assistance with and commit to a bare minimum or a large ongoing position or assignment. I have chosen this aspect of volunteering because I often hear people say they want to get together with other therapists in their area.



Susan DeLegge\_ 1st VP

In the process of volunteering I have had the pleasure of meeting and getting to know some wonderful people. Some of these people have become trustworthy, long-lasting friends. One, very dear to me, gave me a peaceful place to crash on a 2,000+ mile cross country trip and one of the more enjoyably memorable days of my life. Wandering around a part of the country I had never seen, she had me laughing through my exhaustion. I have been at convention and knew my speech for this occasion needed some work; two other buddies sandwiched with me on a bed and spent an hour and a half helping me to tweak it. They could have been spending that time out having drinks and running into others as they were arriving. To me those are true friends. I did buy a round when we were done and we got to meet a few others and catch up on news and events. I have not developed this deep friendship with everyone I have volunteered with but certainly have with a few.

I am personally inclined to do more reclusive volunteer work or will work with someone out of the area via phone calls, emails and word documents. Doing that, I have also found some wonderful therapists that I have traded massages with and have recommended clients to them, if I thought they could assist in some way or the client moved and are closer to them. Years ago, when I got a kidney stone I knew exactly who to call to see if they could cover me with a client who could not change their schedule, and they were kind enough to send the client back to me.

There are loads of benefits to volunteering. Sometimes it has been as simple as needing someone to pass out the prizes at the annual meeting. I and others look forward to hearing from you.

Sincerely,  
 Susan DeLegge, LMT, MLD/CDT  
 1st Vice President, Utah Chapter AMTA  
 801-485-7887  
[s.delegge@comcast.net](mailto:s.delegge@comcast.net)

[Contact Chapter Leadership](#)

## Calendar



### 2016-17 Calendar

The Chapter Board of Directors and Committees have created a schedule of events to serve the membership and Massage Therapy Profession. Here is the calendar for the upcoming Fiscal Year.

Wed Mar 16 , 2016	7 pm Chapter Board Meeting
Wed Apr 20, 2016	7 pm Chapter Board Meeting
Sat Apr 23, 2016	8:30 am Continuing Education Social Media Part 1
Sat Apr 30, 2016	8:30 am Continuing Education Social Media Part 2
Wed Jun 15, 2016	7 pm Chapter Board Meeting
Sat Jul 23, 2016	Newsletter Submission Deadline
Thu Aug 4, 2016	Newsletter Posts
Wed Aug 17, 2016	7 pm Chapter Board Meeting
Sat Sep 17, 2016	8:30 am Continuing Education
Fri Oct 14, 2016	Chapter Board Planning Retreat
Sat Oct 15, 2016	Chapter Board Planning Retreat
Sun Oct 23, 2016	National Massage Therapy Awareness Week
Mon Oct 24, 2016	National Massage Therapy Awareness Week
Tue Oct 25, 2016	National Massage Therapy Awareness Week
Wed Oct 26, 2016	National Massage Therapy Awareness Week
Thu Oct 27, 2016	National Massage Therapy Awareness Week AMTA National Convention Where: Milwaukee, WI
Fri Oct 28, 2016	National Massage Therapy Awareness Week AMTA National Convention Where: Milwaukee, WI
Sat Oct 29, 2016	National Massage Therapy Awareness Week AMTA National Convention Where: Milwaukee, WI

Fri Nov 4, 2016	Newsletter Submission Deadline
Thu Nov 10, 2016	Newsletter Posts
Mon Nov 14, 2016	Call for Candidates
Wed Nov 16, 2016	7 pm Chapter Board Meeting
Wed Dec 14, 2016	Candidate Applications Due
Thu Dec 15, 2016	Applicants Verification
Fri Dec 16, 2016	Applicants Verification
Sat Dec 17, 2016	Applicants Verification
Wed Jan 18, 2017	Candidates Info Posted
	7 pm Chapter Board Meeting
Sun Jan 22, 2017	Elections Open
Sun Feb 5, 2017	Elections Close
Mon Feb 6, 2017	Ballots Tabulated
Tue Feb 7, 2017	Ballots Tabulated
Wed Feb 8, 2017	Ballots Tabulated
Thu Feb 9, 2017	Election Winners Notified
Sat Feb 11, 2017	8:30 am Chapter Annual Meeting and Continuing Education Class
	Election Winners Announced
Wed Feb 15, 2017	7 pm Chapter Board Meeting
Wed Mar 15, 20 17	7 pm Chapter Board Meeting
Fri Apr 21, 2017	Chapter Convention
Sat Apr 22, 2017	Chapter Convention
Sun Apr 23, 2017	Chapter Convention

[Go to Online Calendar](#)

## Chapter Leadership Roster

### Board of Directors

President	Jennifer Hanna
Immediate Past President	Robyn Ryther
1st Vice President	Susan DeLegge
2nd Vice President	Heber Blackner
3rd Vice President	
Treasurer	



Secretary

Kirk Jorgensen

## Delegates

Delegate 2015 - 2016

Anita Egbert

Delegate 2016 - 2017

Alternate Delegate

## Committee Chairs

Awards Committee

Convention Committee

Education Committee

Elections Administrator

Government Relations

Membership Committee

Newsletter Editor

Parliamentarian

Sports Massage Team

Standing Rules Committee

Student Outreach

Website Coordinator

## Contact Information

AMTA-Utah Chapter | 3699 S 4565 W Salt Lake City, UT 84120



AMTA Utah Chapter, 13184 S 2420 W, Riverton, UT 84065-2226

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