



amta  
american massage therapy association®  
new york chapter

AMTA-NY  
ANNUAL CONVENTION

April 18-21 | Albany NY

# GROW MORE IN 24

# A Message from the President

What a year this has been. If yours has been like mine, it has been packed with work and volunteer commitments, and it has flown by. Your AMTA board and committee chairs have had state leadership meetings and have also been to national leadership conferences and national convention in Phoenix where we met up with 20 New York members for breakfast.

But what we really are looking forward to is having breakfast and spending the weekend with 300 or more New Yorkers in Albany during our annual state convention. One of the most important ways AMTA provides service to our members is by offering continuing education at subsidized costs. We have a terrific roster of instructors and work hard to bring you the highest quality education that can be offered.

Meet the AMTA-NY board and committee chairs in Albany. Join your industry colleagues in broadening your insights and deepening your knowledge. Consider volunteering with the chapter and make the contacts necessary to do so. Network and dance with your new contacts and old friends. Come to the conference that the rest of the states are talking about. New York has a great convention. We'd love to welcome you there.

Join us and I will look forward to welcoming you to Albany in April.



Donald Goodale  
President, AMTA-NY Chapter





# Message from the Convention Committee Chair

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The 2024 AMTA-NY state convention will take place April 18th to 21st in Albany, NY. The convention's theme for this year is "Grow More in 24", which is aptly named as it encourages attendees to set goals for envisioning growth this year and beyond. What drives you to seek knowledge and keep learning? This year's education list includes a 24-hour Lymph Drainage Therapy certification from the Chikly Institute, an introduction to Visceral Manipulation taught by The Upledger Institute, as well as additional 4 and 8-hour classes throughout the weekend for individuals looking to diversify their learning experience. The schedule for this year's convention includes hands-on learning, networking events, and our annual business luncheon on Friday. Saturday night, we'll come together to celebrate at an awards banquet and dance, which are included with your full conference purchase. This will be an exciting experience as we all come together to plant seeds of wisdom, friendship, and growth for the year ahead.

Sincerely,



Shania Sonnevile, AMTA Convention Chair



## Special thanks to our Convention Sponsor

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# 2024 AMTA-NY Chapter Con

## Thursday, April 18

**8:30 - 10:30 am** - Board of Directors Meeting

**12:00 noon - 6 pm** - Convention Registration Open

*Multiple Day Session:*

Thursday, April 18 - Sunday, April 21

**Lymph Drainage Therapy 1 (LDT1): Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity** / Paula Gurak (24 CEH)

April 18: 2 - 6pm | April 19: 8am - 12pm; 2 - 6pm | April 20: 8am - 12pm; 1:30 - 5:30pm |

April 21: 8:30am - 12:30pm

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## Friday, April 19

**7 - 9am** - Continental Breakfast (vendors may be open during this time)

**7am - 5pm** - Convention Registration Open (Closed during Business Meeting 12-1:45pm)

*All Day Class Sessions:* 8am - 12pm; 2 - 6pm

- **Essential Oils & Meridians** / Jennifer Sowle (8 CEH)
- **SOAP Notes, Assessment, and Clinical Documentation for Medical Massage** / Lauren Arnold (8 CEH)
- **Integrated Manual Therapy and Orthopedic Massage for Low Back Pain, Hip Pain, and Sciatica** / James Waslaski (8 CEH)
- **IASTM (Instrument Assisted Soft Tissue Mobilization) For Massage Therapist's Upper Body** / Lori-Ann Gallant-Heilborn (8 CEH)
- **Kinesiology and Orthopedic Assessment of the Cervicals** / Jeff Mahadeen (8 CEH)

**10 am - 7 pm** - Vendor Marketplace Open

**12:15 pm - 1:45 pm** - Annual Business Meeting Luncheon

**2 - 6 pm** - Classes resume from the morning

**6:30 - 9 pm** - Vendor Marketplace Open

**7 - 9 pm** Welcome/Marketplace Open House for all Attendees, appetizers served

# Convention Schedule of Events

## Saturday, April 20

**7 - 9 am** - Continental Breakfast (Vendors may be open during this time)

**7 am - 1:30 pm** - Convention Registration

*All Day Class Sessions:* 8am-12pm; 1:30-5:30

- **VMINT: Visceral Manipulation Introduction** / Ken Frey (12 CEH)  
*This class continues on Sunday morning*
- **Understanding Pain & Sensation: A Biopsychosocial Approach to Chronic Pain for Medical Massage** / Lauren Arnold (8 CEH)
- **Integrated Manual Therapy and Orthopedic Massage for Complicated Elbow, Forearm, Wrist & Hand Conditions** (4 CEH) and **Integrated Manual Therapy and Orthopedic Massage for Complicated Cervical Conditions** / James Waslaski (4 CEH)
- **IASTM (Instrument Assisted Soft Tissue Mobilization) For Massage Therapist's Lower Body** / Lori-Ann Gallant-Heilborn (8 CEH)
- **Kinesiology and Orthopedic Assessment of the Knee** / Jeff Mahadeen (8 CEH)

**10 - 5:30 pm** - Vendor Marketplace Open

**12 - 1:30 pm** - Lunch Break (on own)

**1:30 - 5:30 pm** - Classes resume from the morning

**7:00 pm - Dinner Dance** - Banquet Dinner & Awards Ceremony

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## Sunday, April 21

**7:30 - 8:30 am** - Continental Breakfast

*Morning Sessions:* End times vary

- **8:30am-12:30pm VMINT: Visceral Manipulation Introduction** / Ken Frey (12 CEH)  
*This class is continued from Saturday. You must attend both days (12 hours) to get credit.*
- **8:30am - 12:30pm Ethical Foundations and Professional Boundaries** / Lauren Arnold (4 CEH)
- **8:30am - 12:30pm Elite Sports Massage** / James Waslaski (4 CEH)
- **8:30am - 1:30pm Shoulder Injuries, Movement, and Functionality** / Lori-Ann Gallant-Heilborn (5 CEH)
- **8:30am - 2:30pm Myofascial Mobilization of the Rotator Cuff** / Jeff Mahadeen (6 CEH)

**10 am - 1 pm** - Vendor Marketplace Open

**1pm** - Convention Concludes: Please complete your convention evaluation

# Class Course Descriptions

## All weekend Session



### **Lymph Drainage Therapy 1 (LDT1): Fluid Dynamics – Lymphatic Pathways – Anatomical Integrity (CEU 24)**

Instructor: Paula Gurak, LMT

**Thursday 4/18/24 2pm-6pm**

**Friday 4/19/24 8am-noon | 2pm-6pm**

**Saturday 4/20/24 8am-noon | 1:30pm-5:30pm,**

**Sunday 4/21/24 8:30am-12:30pm**

LDT1 takes traditional lymph drainage techniques and adds a level of precision. LDT is the first technique that enables practitioners to detect and palpate the specific rhythm, direction, depth, and quality of the lymph flow anywhere in the body. LDT practitioners use their hands to assess and enhance overall circulation and determine the best alternate pathways for draining stagnant body fluid (lymph, interstitial, synovial fluid, etc.).

*-Class size limited to 48. Due to the advanced nature of the class, you must be a licensed therapist to participate.*

*Massage therapy students cannot register for this class.*

*- Attendance all 4 days is required to receive credit*

## Friday, April 19

**All Day Sessions • 8am–12pm and 2-6pm**



### **Essential Oils & Meridians (CEU 8)**

Instructor: Jennifer Sowle, CCA, LMT

In this class, the students learn about meridians; locations on the body, the physical symptoms present with an imbalance, and how to restore balance using acupressure massage and essential oils. Students will learn which essential oils correspond to those meridians and assist in moving stagnation in that meridian. By the end of the class, students will be able to understand and explain the meridian system, locate and perform acupressure massage on all 12 meridians, evaluate and assess their client, develop a plan, and list essential oils to use.



### **SOAP Notes, Assessment, and Clinical Documentation for Medical Massage (CEU 8)**

Instructor: Lauren Arnold, LMT

In this course, we will focus on SOAP note documentation within the context of medical massage therapy. This includes; an in-depth understanding of inter-professional care as related to medical massage; a deeper understanding of contraindications, indications, and precautions, through the differentiations of systemic, local, absolute and relative consideration; the development of critical thinking skills to format individualized treatment plans including long term and short-term goals; appropriate documentation structure for medical massage.



### **Integrated Manual Therapy and Orthopedic Massage for Low Back Pain, Hip Pain, and Sciatica (CEU 8)**

Instructor: James Waslaski, LMT

This unique presentation will address the clinical approach to assessment, treatment and rehabilitation of the lumbar spine, hip and pelvis. Specific conditions addressed will be low back pain, SI joint dysfunction, sacral torsions, lumbar compression, spinal stenosis, bulging disc pain, and ruptured discs.



### **IASTM (Instrument Assisted Soft Tissue Mobilization) For Massage Therapist's Upper Body (CEU 8)**

Instructor: Lori-Ann Gallant-Heilborn, LMT

Learn the fundamental foundation of this specialized modality. Within this course, you will learn about the proper handling of an IASTM tool, the science behind the work, and what organ systems are immediately activated along with indications & contraindications. You will learn the 5 specific techniques designed for massage therapists to implement during a massage session or short clinical treatment. This course will also cover various treatment protocols.



### **Kinesiology and Orthopedic Assessment of the Cervicals (CEU 8)**

Instructor: Jeff Mahadeen, LMT

In this workshop we will explore the complex Kinesiology and myology of the cervical region. The muscles of emphasis are the suboccipital, sternocleidomastoid, scalenes, suboccipitals, splenius capitis and splenius cervicis muscles. This workshop will focus on anatomy and kinesiology of the region in order to use postural and ortho assessment to help distinguish which set of cervical muscles are dysfunctional. We will also explore a few strengthening therapeutic exercises to increase muscle tonus of weakened muscles to increase overall balance.

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## Two Day class

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### VMINT: Visceral Manipulation Introduction (CEU 12)

Instructor: Ken Frey PT, BI-D, CST-D

**Saturday 8am–12pm 1:30–5:30pm**

**Sunday 8:30am-12:30pm**

The introductory level workshop will introduce participants to the models and concepts of functional biomechanics as viewed from Jean-Pierre Barral's Visceral Manipulation approach. This method of evaluation and treatment is based on the concept that each of our internal organs rotates on a physiological axis. It includes lecture, demonstration and practice for each technique presented.

*-Class size limited to 40. Due to the advanced nature of the class, you must be a licensed therapist to participate. Massage therapy students cannot register for this class.*

*-Attendance both days is required to receive credit*

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## Saturday, April 20

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**All Day Sessions | 8am–12pm | 1:30–5:30pm**



### Understanding Pain & Sensation: A Biopsychosocial Approach to Chronic Pain for Medical Massage (CEU 8)

Instructor: Lauren Arnold, LMT

To gain a complete understanding of pain, we have to consider where it begins. While some pain originates from an injury, other pain is less easy to pin down, but still factors in to overall health and wellbeing. In this course, we will take those factors into account through the lens of the Biopsychosocial Model of Health, and how this applies for massage therapists.



### IASTM (Instrument Assisted Soft Tissue Mobilization) For Massage Therapist's Lower Body (CEU 8)

Instructor: Lori-Ann Gallant-Heilborn, LMT

Learn the fundamental foundation of this specialized modality. Within this course, you will learn about the proper handling of an IASTM tool, the science behind the work, and what organ systems are immediately activated along with indications & contraindications. You will learn the 5 specific techniques designed for massage therapists to implement during a massage session or short clinical treatment. This course will also cover various treatment protocols.



### Integrated Manual Therapy and Orthopedic Massage for Complicated Elbow, Forearm, Wrist & Hand Conditions (CEU 4)

Instructor: James Waslaski, LMT

These innovative structurally-oriented routines offer pain free multi-modality methods for achieving immediate and permanent results for Medial and Lateral Elbow Pain, Muscle Tendon Strains, Nerve Entrapments, Pronator Teres Syndrome, Carpal Tunnel Syndrome, De Quervain's Tenosynovitis, Progressive Joint Arthritis, and Trigger Finger. You will also take a detailed look at "Multiple Crush Phenomenon."

### Integrated Manual Therapy and Orthopedic Massage for Complicated Cervical Conditions (CEU 4)

Imagine if you could restore normal muscle resting lengths to the major muscle groups in the cervical area of the body, and facilitate perfect alignment of the cervical spine. This dynamic multimedia presentation will give you a user-friendly approach to evaluate, treat and custom design a client self care program that can eliminate complicated cervical conditions forever. You will learn functional assessment and special tests, myofascial and neuromuscular techniques, myoskeletal alignment techniques, scar tissue mobilization protocols, and specific stretches and therapeutic exercises to eliminate both the underlying cause, and clinical symptoms of the cervical pain and associated upper extremity numbness. We will specifically cover Atlas/ Axis mobilization, whiplash, cervical sprains and strains, facet joint dysfunction, spinal stenosis, cervical shearing forces, joint capsule adhesions, degenerative disc conditions, bulging discs, spinal stenosis, and joint arthritis. Cutting edge clinical research will be shared throughout this workshop, to support our unique approach to myofascial pain, and muscle-tendon strain pain. 70% hands-on class, please bring your table, sheets and lubricant.

*-These two, 4-hours classes will run consecutively and constitute a full day of education, with James.*



### Kinesiology and Orthopedic Assessment of the Knee (CEU 8)

Instructor: Jeff Mahadeen, LMT

Within this class we will explore the joint anatomy and kinesiology of the knee and common orthopedic assessments to rule out injuries which would be outside of our scope of practice. We will have a discussion as to what is the cause of common soft tissue knee pathologies that LMTs are treating in their everyday practices, and the answer may not be what you were expecting. We will then introduce techniques to treat the leg from the hip to the ankle.



Lecture Class



Hands-on session-please bring a massage table, sheets, and lubricant.



## Sunday, April 21

**Morning Sessions | All begin at 8:30 -  
Ending times vary**

### **VMINT: Visceral Manipulation Introduction (CEU: 12)**

Instructor: Ken Frey PT, BI-D, CST-D

**Saturday 8am-12pm | 1:30-5:30pm |**

**Sunday 8:30am-12:30pm**

*Class continued from Saturday.*



### **Ethical Foundations and Professional Boundaries (CEU 4)**

Instructor: Lauren Arnold, LMT

Course Time: 8:30am-12:30pm

In this course, we will explore specific ethical implications one may encounter when providing professional massage treatments, with an emphasis on medical massage. Students will learn and be able to utilize the 'Intervention Model' as created by Daphne Chellos. We will examine, compare, and contrast various Codes of Ethics as set forth by professional associations such as ABMP, AMTA, and NCBTMB. We will critically consider the experiences of other massage therapists, preventative actions one might take, and explore terminology and roles as massage professionals, including the concepts of transference and countertransference. At the end of this course, students will honestly examine their ability to set and uphold professional boundaries, make changes where necessary, and demonstrate an ability to utilize the Intervention Model; all within the context of Massage Therapy.



### **Elite Sports Massage (CEU 4)**

Instructor: James Waslaski, LMT

Course Time: 8:30am-12:30pm

**Injury Prevention, Rehabilitation and Performance Enhancement** This unique course takes you far beyond the traditional event sports massage training. We will be looking at on site sporting event work, injury prevention, injury rehabilitation, and performance enhancement techniques. Olympic and professional athletes realize the benefits of elite sports therapy to fit their specific needs. How do you customize your techniques to compliment the work of the athletic trainer, sport medicine physician, physiotherapist, or chiropractor? Are you familiar with the biomechanics and common injuries of the various athletes? What about proper muscle firing patterns for optimal performance? You will know which techniques can have a negative effect on performance, if applied too close to competition. You will analyze movements of multiple sports and eliminate overactive and underactive muscle activity to prevent sports injuries and enhance performance potential. This incredible course will set your work apart from the average sports massage therapist,

and could pave the way to working at international sporting events, or securing a career with your favorite professional sports team. Therapists will also look at spinal biomechanics and learn our amazing joint capsule work for hips and shoulders. The highlight of this class will be teaching our top 2-3 emergency go to techniques for each body area, that take less than 5 minutes, to eliminate the primary cause of musculoskeletal pain in any part of the body.



### **Shoulder Injuries, Movement, and Functionality (CEU 5)**

Instructor: Lori-Ann Gallant-Heilborn, LMT

Course Time: 8:30am-1:30pm

Discuss and evaluate the shoulder girdle complex along with the complexities of its design and how it functions. Bring into context the various movements allowed by the glenohumeral joint. Discuss various injuries to the shoulder girdle complex and how it affects movement and function. Place the shoulder complex through a movement pattern to see where limitations are and how it negatively impacts ROM. Train to clinically gather valuable information to formulate treatment options along with learning new soft tissue manipulation techniques.

*NOTE: This class ends at 1:30*



### **Myofascial Mobilization of the Rotator Cuff (CEU 6)**

Instructor: Jeff Mahadeen, LMT

Course Time: 8:30am-2:30pm

Come and discover the effectiveness of Myofascial Mobilization through the eyes of a Structural Integrator in the exploration of the complex rotator cuff. The morning will include physiology of fascia and musculature, function and corrective patterns of the rotator cuff muscles taught by Kelly Toler, PT. The afternoon is a full treatment application of the rotator muscles. Myofascial Mobilization is a comprehensive program of soft tissue manipulation techniques that balance the central nervous system with the musculoskeletal system. We will not only do passive myofascial work but we will also teach active Myofascial Mobilization, which is based in structural integration technique and philosophy.

*NOTE: This class ends at 2:30*



Lecture Class



Hands-on session-please bring a  
massage table, sheets, and lubricant.



# Lodging Information



## Hotel:

Hilton Albany, Downtown  
40 Lodge Street  
Albany, New York, 12207

**AMTA Negotiate Rate: \$169++**

## Lodging contact:

The recommended reservations method is online;  
<https://www.hilton.com/en/attend-my-event/american-massage-therapy-2024/>



This link is customized specifically for the American Massage Therapy Assn, NY Chapter Conference at the Albany Hilton Downtown.

For those needing to book over the phone, a centralized reservations number is available at  
**(800)445-8667**

While this number is not local to the hotel, by mentioning the group code **"1AMT"** the negotiated group rate will be applied.

**Deadline to book this rate is March 18, 2024**



## Parking:

The hotel is offering complimentary self-parking based on availability in the garage adjacent to the Hotel for the event dates only. Valet parking is NOT complimentary.

Please bring your ticket in to have it stamped to receive free parking

*Carpooling is strongly advised and early arrival, if you are driving in daily, may help ensure ease of parking.*

# Thank you Vendors

Apothecary Chocolates

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# Instructor Bios



**Lauren Arnold, LMT**

A Tucson native, Lauren's passion for the healing arts led her to graduate from Cortiva Institutes extended 1,000-hour massage therapy program in 2011. Her commitment to professional excellence has resulted in holding positions like Lead Massage Therapist, Director of Training and Development, and Business Owner. In 2018, Lauren accepted a teaching position at ASIS Massage Education, where she became the lead instructor. Her experience teaching entry-level education highlighted massive changes in the massage industry, motivating her to evaluate her role as a mentor and educator. Lauren re-entered the classroom in 2021, teaching CE courses while pursuing her undergraduate education at the University of Arizona. She will graduate Magna Cum Laude in December 2023 with dual degrees: a Bachelor of Science in Care, Health and Society and a Bachelor of Arts in Psychology. Her greatest strength as an educator lies in understanding that the teacher must always remain a student, and knowledge occurs through experiential learning.



**Paula Gurak, LMT**

Paula has over 20 years of experience as a therapist and teacher. She began her journey in the lymphatic world in 1999 when she took her first Lymph Drainage Therapy 1 course. After several years in private practice, her passion for Lymph Drainage and its benefits, led her into the teaching arena. She became an instructor in 2007 and has taught Lymph Drainage Therapy for the Upledger Institute, the International Alliance for Healthcare Educators and the Chikly Health Institute. For the last 5 years, Paula has been the Chief Operating Officer at Chikly Health Institute. She and her husband have four grown children and reside in Colorado with their two dogs where they enjoy the great outdoors year round.



**Ken Frey,  
PT, BI-D, CST-D**

Director of Institute of Physical Therapy in New York City. He has extensive experience in treating complex chronic orthopedic and neurological conditions for patients of all ages utilizing a Visceral Manipulation and Craniosacral Therapy manual therapy approach. Certified Visceral Manipulation Instructor for the Barral Institute since 2006 Teaching : VM1-4 The Abdomen, Pelvis, and Thorax; Neuromeningeal Manipulation 1, and Listening Techniques 1 An Osteopathic Approach to Evaluation. Certification Examiner for the Barral Institute VM Certification Program. Diplomate and Techniques Certified CranioSacral Therapist; Certification Examiner for Techniques and Diplomate levels for the Upledger Institute CranioSacral Therapy Certification Program. He has taught Visceral Manipulation and CranioSacral Therapy widely to health care professionals nationally and internationally.



**Jeff Mahadeen, LMT**

Jeff Mahadeen LMT, Certified Structural Integrator, is the owner of The Muscular Wellness Institute and Treatment Center, one of the most successful Treatment Centers in New England. Since 1998, Jeff has been teaching and developing curriculum for various schools across the country. Soft Tissue Manipulation/ Musculoskeletal Education are his area of specialty, and he has developed extensive 96-hour certification programs and manuals in Myofascial Mobilization, Neuromuscular Therapy, and Strengthening Therapeutics. Jeff's formal education is tissue therapeutics but he has studied kinesiology, biomechanics, dissection, and personal trainer courses. Jeff was on the committee which in 2006 created the MBLEX federal massage licensing exam, and he is presently involved with the FSMTB in the writing of national criteria for CE providers. This is a committee with other like-minded individuals who want to elevate the standards for continuing education. "My goal is to offer high quality in-depth education to therapists and bodyworkers that are looking to raise their bar and to enhance the level of the bodywork profession."



**Jennifer Sowle,  
CCA, LMT**

Jen obtained her Clinical Aromatherapy Certification from the NY Institute of Aromatic Studies in NYC and her massage training from the Center of Natural Wellness in Albany, NY. She has been practicing as an Aromatherapist and Massage Therapist for over 15 years. She currently has her own thriving massage business called Saratoga Aromatherapy Massage and works at Saratoga Hospital doing oncology massage. She is a professional member of the National Association of Holistic Aromatherapists and teaches several essential oil classes to massage therapists, bodyworkers, holistic healers and to the public. Jennifer is very passionate about essential oil education and brings that passion into every class she teaches and every product she makes. She is owner and operator of Saratoga Aromatherapy and has built the small business from the ground up.



**Lori-Ann Gallant-Heilborn,  
LMT**

Lori-Ann has provided muscular therapy for over 20 years and originally got into the field so she could work with athletes. After graduating, she was selected as part of an international sports massage team at the 2004 Olympic Games in Athens Greece. After this amazing experience, Lori-Ann knew she wanted to do more in the sports-athletic field of massage therapy. During this time, she was introduced to working with "tools" and knew this was something she wanted to do along with creating a way to teach other massage therapists how to work with, handle, and execute proper techniques & protocols, to provide treatments for athletes and regular clients. Lori-Ann has developed entry-level IASTM and Advanced IASTM classes for the massage therapy profession. She loves to teach other massage therapists about anatomy, physiology, myology, and incorporating movement within a massage -IASTM treatment. She owns & operates a sports massage facility in Jacksonville NC, specializing in muscular therapy and injury rehabilitation.



**James Waslaski, LMT**

James is an author & international lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed eight orthopedic massage and sports injury DVDs, and authored manuals on advanced orthopedic massage and client self-care. His new book: Clinical Massage Therapy: A Structural Approach to Pain Management, was published by Pearson Education in 2011. James is a Certified Personal Trainer with NASM. James received the 1999 FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of The Year in 2012 at the Canadian Massage Conference. He was also nominated and awarded by his peers and colleagues the designation of Teacher of The Year 2015 at the World Massage Festival.



# Continuing Education

AMTA-NY offers rigorously vetted continuing education to grow your Practice and your skill set. Practice new techniques in a hand-on course or broaden your knowledge with courses on research, ethics, special populations or clinical practice.

## Continuing Education Credit

NYS Continuing Education Law requires 36 hours of continuing education every three years beginning with your first registration. All New York credit for classes will be issued by the instructors through NCBTMB, the National Certification Board for Therapeutic Massage & Bodyworkers or by their own NYS sponsorship. All classes offered at this convention are eligible for CE's and can be applied toward your next recertification.

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# Convention Volunteers Needed!

**If you are interested in donating your time, skills and expertise, there are a variety of volunteer opportunities available at Convention 2024. We appreciate your help!**

**If interested, please contact:  
585-582-6208 or  
e-mail: [office@amta-ny.org](mailto:office@amta-ny.org)**







**amta**  
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Look for the link  
on the home page  
for convention  
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