

Wednesday September 27, 2017

Re: Respiratory Inreach at Student Massage Therapy Clinic, Friday November 3rd, 10 am - 2 pm
Cardiovascular Inreach, Friday December 1st, 10 am - 2 pm

Dear members of our community,

Kootenay Columbia College's Student Massage Therapy Clinic will be offering a relaxation massage in-reach, specifically tailored for those with respiratory conditions on **Friday November 3rd** and cardiovascular conditions on **Friday December 1st**. Appointments will be available from **10 am - 2 pm** and cost is \$20 for 75 minutes, which includes 15 minutes of health history intake and 60 minutes of hands-on treatment time. Location of the clinic is at 402 Baker Street (behind Full Circle Cafe in the Stanley/Baker Mall).

Please be aware that treatments begin with assessment for the purposes of student learning. There will be a clinic supervisor on-duty at all times who may, with your explicit consent, enter the room to offer further assistance or information to your student therapist to help guide them in their treatment.

Kootenay Columbia College's first cohort of RMT Students are in their third semester of classes and their second semester of clinical practicum, where they are currently practicing relaxation treatments. Our 2-year intensive begins with students studying the basic principles of massage and anatomy, advancing into more intermediate techniques as they progress through each term of the program. In term 4, students will begin to incorporate their studies of Orthopedic and Systems Pathology into treatment.

Healthy breathing and circulation is essential to experiencing ease and vitality in life and we recognize the challenges that various respiratory and cardiovascular conditions present to a broad population of people. Conditions such as asthma, emphysema, chronic bronchitis, high blood pressure, and coronary disease can severely limit normal activities of everyday life. Massage therapy offers a safe and effective means of managing the symptoms of these conditions by relaxing the body, supporting healthy circulation and contributing to general well-being.

Our massage therapy clinic offers students the opportunity to work with a variety of people, lifestyles and health presentations within our community. Students are able to deepen their learning through integrating their class discussions and academic studies with practical experience.

In exchange for your participation in our inreaches, we are offering a discounted rate of \$20 per treatment (regular cost is \$35). If you are interested in participating in either inreach, please contact Kootenay Columbia College's bookstore at (250) 354-1995 or the main office at (250) 352-5887 and mention that you would like to be a part of these opportunities.

Kootenay Columbia RMT Program Manager