AHS Seminar Schedule 2017

February 18th, 2017 (Saturday): Instructor - Michael Swedberg, P.Ac.

Acupuncture, Cupping, and Acupressure for Stress Related Illness and Disease

Acupuncture and acupressure have been shown to be effective in the treatment of stress related disorders. There is a significant connection between stress and illness. Theories of the stress–illness link suggest that both acute and chronic stress can cause illness, and several studies found such a link. According to these theories, stress can lead to changes in behavior and in physiology. Behavioral changes can include, alcohol and drug abuse, smoking and eating habits, and a lack of physical activity. Please bring 2 sets of linens, and a box of acupuncture needles.

This seminar will teach participants the techniques and protocols of cosmetic acupuncture and acupressure.

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline for This Seminar: February 4th, 2017.

March 18th, 2017 (Saturday): Instructor, Michael Swedberg, P.Ac

Practical and Medical Acupuncture and Acupressure Therapy for Pain

Learn practical and medical acupuncture, acupressure, tuina, moxa, and cupping techniques and protocols for the management of musculoskeletal pain and the treatment of musculoskeletal disorders including scoliosis, low back pain, frozen shoulder, hip joint arthritis and a number of other common conditions. Please bring 2 sets of linens, and a box of 1/2 inch needles.

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline for This Seminar: March 4th, 2017

April, 8th 2017 (Saturday) - Instructor, Kylin Cronkhite, D.N.

This course is NCBTMB Approved

General Rehabilitation for an Aging Population - Geriatric Massage

Learn great techniques to perform full body massages that achieve maximum stress relief and relaxation. Learn basic terminology and definitions while gaining a clear understanding for the intent of relaxation massage, including hot stone massage. Please bring: 2 sets of linens.

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline for This Seminar: March 22, 2017.

Cosmetic Acupuncture and Acupressure

April 29th, 2017 (Saturday)

Instructor - Michael Swedberg, P.Ac.

Facial skin rejuvenation acupuncture, sometimes referred to as "cosmetic acupuncture," is a timeless skin restoration and anti-aging technique used by the Chinese since the Sung Dynasty. In Chinese, it is called "Me Rong Zhen". Facial acupuncture is an effective non-surgical and painless way to reduce the appearance of fine lines and deeper wrinkles.

This seminar will teach participants the techniques and protocols of cosmetic acupuncture and acupressure. Members: $100.00 and Non-Members: $145.00.

YOUR 2017 PREMIUM SEMINAR SERIES

Completion of all three parts in this seminar series leads to a Certification in Therapeutic Exercise

Purchase all three seminars now using the PayPal link below - or Purchase seminars separately using the $100 or $145 payment links. Certification is only earned by those attending all three seminars on the Saturday dates in May, June and July. Please join us!

May 13, June 10 and August 5, 2017 (All Saturdays): Instructor - Chris Holmes, D.N., C.P.T.

This course is NCBTMB Approved

Corrective and Restorative Exercise, Three Part Series on dates displayed above.

Learn and practice stretching and conditioning exercises for treating chronic pain and other musculoskeletal disorders, as well as treating patient obesity, diabetes, and heart disease. Completion of all three parts in this seminar series leads to a certification in Therapeutic Exercise. Wear loose comfortable clothing suitable for exercise.

Pay for All Three Seminars Now

Members: $300 Non-Members: $435 (use appropriate payment link below)

Pay for May 13th Seminar Only - Corrective and Restorative Exercise

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline the May 14th Seminar is April 30th, 2017.

Pay for June 10th Seminar Only - Corrective and Restorative Exercise

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline the June 10th Seminar is May 25th, 2017.

Pay for August 5th Seminar Only - Corrective and Restorative Exercise

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline the August 6th Seminar is July 22th, 2017.

May 20th, 2017 (Saturday) - Instructor - Carol Jo Baggerly, D.N.

This course is NCBTMB Approved

"Back to Basics" Refresher Course

Have you forgotten table stretches for lateral rotators of the femur? How about proper folding for the SCM? If so, now is the time to get back to the basics with this excellent seminar to refresh basic techniques and protocols, modality usage, and stretching. This seminar offers you the opportunity to ask the questions you need answered and to practice what you learn. Bring two sets of linens.

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline for This Seminar: May 6th, 2017.

June 24th, 2017 (Saturday): Instructor, Carol Jo Baggerly, D.N.

This course is NCBTMB Approved

Treating TMJ with Medical Massage Therapy

Lecture and hands on treatment techniques for a very common and complex problem, TMJ or issues related to the mouth, jaw and head. TMJ can be related to stress, whiplash, head injury and/or dental trauma. Learn how to effectively treat TMJ in your practice and the secondary disorders like jaw pain and chronic headaches commonly seen with TMJ. Please Bring: 2 sets of linens.

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline for This Seminar: June 10th, 2017.

August 19th, 2017 (Saturday) - Instructor, Chris Holmes, D.N.

Adventure Fitness for Personal Trainers

This seminar is about your role as a personal trainer to lead an adventure fitness activity. Whether it's trail riding or kayaking, hiking or rock climbing, having the knowledge of how to plan and execute an activity is vital in designing a successful event that will keep people interested and safe. The day will consist of lecture in the morning and then a planned event at a park in the afternoon. Please wear clothes suitable for hiking through the woods, water and a lunch and snacks.

Members: $100 Non-Members: $145 (use appropriate payment link below)

Registration Deadline for This Seminar: August 5th, 2017.

September 23rd, 2017 (Saturday) (Limited Enrollment) - Instructor: Christopher Holmes, D.N., L.M.T.

This course is NCBTMB Approved

Swedish, Therapeutic, Relaxation, and Sports Massage Therapy

In this seminar you will learn Swedish, Therapeutic, Relaxation, and Sports Massage techniques and treatment protocols. Please bring: 2 sets of linens.

Members: $150 Non-Members: $195 (use appropriate payment link below)

Registration Deadline for This Seminar: September 7th, 2017.

October 7th, 2017 (Saturday) (Limited Enrollment) - Instructor, Christopher Holmes, D.N.

This course is NCBTMB Approved

Masters Course: An Introduction to Scandinavian Mobilization Therapy I

This seminar will cover the history, philosophy, protocols, techniques and treatment procedures of Scandinavian Mobilization Therapy. Please bring: 2 sets of linens.

Members: $150 Non-Members: $195 (use appropriate payment link below)

Registration Deadline for This Seminar: September 21, 2017.

November 11th, 2017 (Saturday) (Limited Enrollment) - Instructor, Chris Holmes, D.N.

Masters Course: An Introduction to Scandinavian Mobilization Therapy II

This seminar will continue to cover the advanced mobilization techniques and treatment procedures of Scandinavian Mobilization Therapy. Please bring: 2 sets of linens.

Members: $150 Non-Members: $195 (use appropriate payment link below)

Registration Deadline for This Seminar: September 27, 2017.

November 18th, 2017 (Saturday) (Limited Enrollment) - Instructor, Chris Holmes, D.N.

This course is NCBTMB Approved

Masters Course: Brachial Nerve and Cervical Nerve Root Compression and Entrapment, Thoracic Outlet Syndromes, and Carpal Tunnel - Differential Evaluation, Assessment, and Treatment

Often it is difficult for the therapist to differentiate between the clinical manifestations of brachial and cervical nerve compression or entrapments, TOS, and pathology of the median nerve. This seminar will teach you how to properly evaluation and to treat these conditions. Please bring: 2 sets of linens.

Members: $150 Non-Members: $195 (use appropriate payment link below)

Registration Deadline for This Seminar: November 4th, 2017.