



# 2021 Saturday Seminar Schedule

American Health Source

**Blue Heron Academy**

2040 Raybrook SE, Suite 104

Grand Rapids, MI. 49546

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- All seminars are worth **6 CE hours** unless otherwise noted.
  - All seminars run from **9:00am to 4:00pm** unless otherwise noted.
  - You must register **5 days** in advance of the seminar date.
  - All seminars will be held at the Blue Heron Academy in Grand Rapids unless otherwise noted.
  - Class sizes will be limited to **10 people per seminar class – Mask will be required.**
  - Seminars are subject to cancellation if minimum attendance requirements are not met by registration deadline.
  - **Refund Policy:** No refund will be given on seminars after purchase unless the seminar is cancelled due to low enrollment.
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March 20<sup>th</sup>, 2021 (Saturday): Instructor - **Danielle Hoey, L.M.T.**

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This course is NCBTMB Approved – **6 CE Hours**

**[Massage Therapist Self Care and Stress Management](#)**

Being a massage therapist can take a toll on the body, mind, and spirit of massage care givers. This class will cover how to take care of your hands, back, and body along with maintaining a healthy lifestyle.

**Members: \$150   Non-Members: \$250   Registration Deadline: March 15, 2021**

## [SCANDINAVIAN MOBILIZATION THERAPY - MASTERS COURSE](#)

Women and Men's Abdominal and Pelvic Health Issues the Scandinavian Mobilization Therapy (SMT) program is the most advanced manual therapy program offered through the Blue Heron Academy and is perhaps one of the most advanced manual medicine programs offered in the world. Over 40 years of clinical experience have gone into the development of this training program.

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May 8<sup>th</sup>, 2021 (Saturday): Instructors - **Gregory T. Lawton, D.N., D.C., D.Ac.** - **Chris Holmes, D.N., L.M.T., C.P.T.**

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This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
**Masters Course: Scandinavian Mobilization Therapy, Part 1 - Pelvic and Abdominal Region**

Manual Mobilization approaches to the treatment of Pelvic and Abdominal conditions and disorders. Abdominal and pelvic massage procedures and protocols. New treatment techniques have been added to this program. **Please bring 3 sets of linens and a pair of athletic shorts.**

**Members: \$250 Non-Members: \$350 Registration Deadline: April 12<sup>th</sup>, 2021**

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June 5<sup>th</sup>, 2021 (Saturday): Instructor - **Gregory T. Lawton, D.N., D.C., D.Ac.** - **Chris Holmes, D.N., L.M.T., C.P.T.**

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This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
**Masters Course: Scandinavian Mobilization Therapy, Part 2 - Pelvic and Abdominal Region**

Manual Mobilization approaches to the treatment of Pelvic and Abdominal conditions and disorders. Abdominal and pelvic massage procedures and protocols. New treatment techniques have been added to this program. **Please bring 3 sets of linens and a pair of athletic shorts.**

**Members: \$250 Non-Members: \$350 Registration Deadline: May 3<sup>rd</sup>, 2021**

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June 12<sup>th</sup>, 2021 (Saturday) : Instructor - **Chris Holmes, D.N., L.M.T., C.P.T.**

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This course is NCBTMB Approved – **NOTED: 3 CE Hours**  
**Adventure and Outdoor Fitness- Traveling at the Speed of Light**

This seminar is about your role as a personal trainer to lead an adventure fitness activity. Whether its 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: \$150 Non-Members: \$250 Registration Deadline: June 7<sup>th</sup>, 2021**

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July 24, 2021 (Saturday) : Instructor - **Carol Jo Baggerly, D.N., L.M.T.**

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This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
[Back to Basics- Medical Massage Refresher Course](#)

Have you forgotten table stretches for lateral rotators of the femur? How about properly fold the neck and shoulder girdle 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. **Please bring two sets of linens.**

Members: \$150 Non-Members: \$250 Registration Deadline: July 12<sup>th</sup>, 2021

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August 14<sup>th</sup>, 2021 (Saturday) : Instructor - **Carol Jo Baggerly, D.N., L.M.T.**

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This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
[Treating Temporomandibular Disorders \(TMJ/TMD\) in 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: \$150 Non-Members: \$250 Registration Deadline: August 9<sup>th</sup>, 2021

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September 11<sup>th</sup>, 2021 (Saturday) : Instructor – **Danielle Hoey, L.M.T.**

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This course is NCBTMB Approved – **6 CE Hours**  
[Therapeutic Massage and Hot Stones - Common Medical Spa Procedures](#)

In this seminar you will learn Swedish, Therapeutic and other general massage techniques, and treatment protocols such as hot rocks along with a review of the methods and procedures approved for licensed Michigan massage therapists. **Please bring 2 sets of linens.**

Members: \$175 Non-Members: \$275 - Registration Deadline: September 6<sup>th</sup>, 2021

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September 25<sup>th</sup>, 2021 (Saturday) : Instructor - **Chris Holmes, D.N., L.M.T., C.P.T.**

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This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**

**This course is an American Manual Medicine Association Masters Course**

[Treating Spinal Scoliosis and Other Spinal Pathologies – Cerebellum Resting Tone & Spinal Curves](#)

The Blue Heron Academy is recognized as having one of the most advanced and effective treatment programs for scoliosis treatment in the US. This advanced seminar reviews the anatomy and physiology of vertebral column, spinal curvature assessment and evaluation and covers pathological conditions of the spine such as spinal scoliosis, kyphosis, and lordosis. You will learn how to assess and treat abnormal spinal curvature conditions. **Please bring two sets of linens.**

Members: \$225 Non-Members: \$325 Registration Deadline: September 20<sup>th</sup>, 2021

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October 9<sup>th</sup>, 2021 (Saturday) : Instructor - **Chris Holmes, D.N., L.M.T., C.P.T.**

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This course is NCBTMB Approved – **6 CE Hours**

[Sports Massage, Kinesio, and Dynamic Taping](#)

In this seminar you will learn Swedish, Therapeutic and Sports Massage techniques, and treatment protocols along with the latest methods of therapeutic and clinical taping. **Please bring two sets of linens.**

Members: \$175 Non-Members: \$275 Registration Deadline: October 4<sup>th</sup>, 2021

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October 23<sup>rd</sup>, 2021 (Saturday) : Instructor - **Carol Jo Baggerly, D.N., L.M.T.**

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This course is NCBTMB Approved – **6 CE Hours**

[General Rehabilitation for an Aging Population - Geriatric Massage](#)

With the continual “greying” and aging of the American population medical massage therapists need to be well trained in geriatric massage technique, procedures, and protocols. This seminar will cover the pathologies and conditions presented by an aging population. **Please bring two sets of linens.**

Members: \$175 Non-Members: \$275 Registration Deadline: October 18<sup>th</sup>, 2021

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November 13<sup>th</sup>, 2021 (Saturday) : Instructor - **Chris Holmes, D.N., L.M.T., C.P.T. - Kenpo Black Belt**

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This course is NCBTMB Approved – **6 CE Hours**

[Introduction to Tai Chi Chuan, Chi Kung, Dao Yin, and Chinese Yoga](#)

This seminar will introduce you to a short 12 movement tai chi chuan sequence along with basic chi kung, dao yin and Chinese yoga exercises. Wear loose comfortable clothing and be ready to practice these exercises. This is a good seminar for fitness and yoga instructors, personal trainers, and massage therapists interested in learning patient exercises and self-care. **Please bring: 2 sets of linens.**

Members: \$125 Non-Members: \$165 Registration Deadline: November 8<sup>th</sup>, 2021

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Jacqueline Stolz, AHS Advisor

Contact at: [info@americanhealthsource.org](mailto:info@americanhealthsource.org)