



American Health Source

2020 Saturday Continuing Education Seminar Schedule

NOTE: 40th Anniversary Celebration in October is on a [Friday and Saturday!!](#)

- All seminars are 6 CEs unless otherwise noted.
- All seminars run from 9:00am to 4:00pm unless otherwise noted.
- The fee for all seminars will be found below the course descriptions.
- You must register 14 days in advance of the seminar date.
- All seminars will be held at the Blue Heron Academy, Grand Rapids unless otherwise noted.
- Please call for physical address location or help with directions: 616-285-9999.
- 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.

SPECIAL LIMITED ENROLLMENT: [Self Defense Seminar Series](#) - Instructor Certification Program - Instructors, Dr. Gregory T. Lawton and Christopher Holmes (Ongoing seminar series)

This series of training classes is recommended for personal trainers, fitness instructors, mixed martial art instructors, and coaches looking for training and experience in working with junior youth and youth, individual and group classes, and in teaching the martial arts, self-defense skills, character building and virtues.

This training program is offered on Saturday mornings. Please inquire at the Blue Heron Academy for a calendar of dates and fees.

Phone: 616-285-9999 www.BlueHeronAcademy.com

March 21st, 2020 (Saturday) : Instructor - Jody Berman, L.M.T.

This course is NCBTMB Approved

[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: March 7, 2020](#)

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.

April 18th, 2020 (Saturday) (Limited Enrollment): Instructors - Gregory T. Lawton, D.N., D.C., D.Ac.

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management

[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 11, 2020](#)

May 9th, 2020 (Saturday) Instructor- Gregory T. Lawton, D.N., D.C., D.Ac.

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management

[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 2, 2020](#)

June 15, 2020 (Saturday) : Instructor - Chris Holmes, D.N., L.M.T., C.P.T.

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management

[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 8, 2020](#)

July 18, 2020 (Saturday) : Instructor - Carol Jo Baggerly, D.N., L.M.T.

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management

[Back to Basics- Medical Massage Refresher Course](#)

This seminar was our most popular seminar for 2019 and we are bringing it back in 2020 due to membership demand. 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 11, 2020](#)

August 15, 2020 (Saturday) : Instructor - Carol Jo Baggerly, D.N., L.M.T.

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management

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 7, 2020

Friday & Saturday : October 2nd and 3rd, 2020

Our 40th Anniversary Meeting and Celebration - For Details Call 616-285-9999. **This course is NCBTMB Approved for 18 hours of continuing education and meets the state 3-hour requirement for pain management and 1 hour of business and ethics.**

In recognition of our 40th anniversary we will be holding a 2-day seminar series and celebration. What follows is the tentative schedule for the 40th Anniversary Meeting and Celebration. We are planning on holding the seminar which will equal 18 hours of NCBTMB approved continuing education to meet state licensure requirements and a dinner celebration. This program will meet all the state licensure requirements for patient pain management and business and ethics. As this event comes nearer, we will publish information regarding the daily schedule and dinner celebration.

- [Scandinavian Mobilization Therapy Hip and Manual Mobilization](#)
- [Scandinavian Mobilization Therapy Knee Conditions and Disorders](#)
- [Scandinavian Mobilization Therapy Lower Leg and Foot](#)
- [Scandinavian Mobilization Therapy Head Face and Jaw](#)
- [Scandinavian Mobilization Therapy Sport Mobilization Therapy Understanding Sports Injuries and Treatment](#)
- [AcuMyoTherapy High Frequency Percussion, Low Level Laser, and Micro Current for Pain Management](#)
- [Maintaining Your Practice in Today's Economy and General Business Development](#)

November 14th, 2020 (Saturday) : Instructor - Jody Berman, L.M.T.

This course is NCBTMB Approved

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: November 7, 2020

Ongoing, Wednesday, 6 to 7 PM : Instructor- Dr. Gregory T. Lawton

This course is NCBTMB Approved for 6 hours of continuing education and massage license renewal

Introduction to Tai Chi Chuan, Chi Kung, Dao Yin, and Chinese Yoga

This program will introduce you to tai chi chuan 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.

Members: No Charge Non-Members: \$25