

# CE Classes In East Grand Forks, MN September 10 - 12, 2010

## **Add One Body<sup>sm</sup> to Your Bodywork Practice**

- Rooted in osteopathy
- Works through proprioceptive nerves
- Combines techniques and re-education for clients
- Provides comfort and ease for both practitioner and client.
- Integrates easily with other bodywork.

CLASS	By Aug. 1	Full Price	CE Hrs
<b>A. SELF CARE: Fri. 5-8pm</b> <i>Learn exercises for balance, stress relief, well-being...within comfort, ease of movement [pelvis, hips and legs].</i>	<b>\$50</b>	<b>\$60</b>	<b>03</b>
<b>B. TAKE A STAND:*</b> <i>Sat./Sun. 9-6* Combine movement patterns, release by positioning, isometric, and integration techniques – for pelvis, hips, and legs.</i>	<b>\$275</b>	<b>\$310</b>	<b>16</b>
<b>AB. Both Classes*</b>	<b>\$315</b>	<b>\$365</b>	<b>19</b>
<i>Register by <b>Aug. 1</b> for early rates</i>			
<small>See <a href="http://OBTouchWorks.com">OBTouchWorks.com</a> for class descriptions &amp; class listings. * Includes non-refundable deposit of \$50. Full refund provided if class is canceled.</small>			

**Instructor: Linda McCrea, NC LMFT, Ed. D., AMTA**

- Makes learning safe, fun & inspiring – all within comfort
- Over 2,000 hours training and 20 years in bodywork practice and instruction
- Professional educator, teacher trainer, instructional designer and more
- Presenter at AMTA conferences in NC, SC, and ND

Linda J. McCrea is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. #386322-00

**TO REGISTER for Classes in East Grand Forks: (\$ign up by Aug. 1 & \$ave!)**

CHOICE: A \_\_\_\_\_ B \_\_\_\_\_ AB \_\_\_\_\_ Total \$ \_\_\_\_\_ CK/MO# \_\_\_\_\_

NAME \_\_\_\_\_ DATE \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

STREET/PO \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

Make check or money order to **LINDA McCREA** and mail along with completed form to:  
**Nancy Paur, 2118 S. 22<sup>nd</sup> Street, Grand Forks, ND 58201**  
Questions? Contact Nancy at [npaur@polarcomm.com](mailto:npaur@polarcomm.com) or call 701.772.4616