



**2022 ANNUAL GENERAL MEETING AND CONFERENCE /
ASSEMBLÉE GÉNÉRALE ANNUELLE ET CONFÉRENCE 2022**

FEBRUARY 11 FÉVRIER

**a
show of
hands**

**prenons
les choses
en main**





Saturday, February 11, 2023
Samedi, 11 février 2023



Return Registration Form by February 6, 2023

Renvoyez d'ici le 6 février 2023

10:00am – 12:00pm

Annual General Meeting (1 CEU Cat A)

Assemblée générale annuelle (1 CEU, catégorie A)

12:15pm – 1:15pm

Lunch & Learn via Zoom (online meeting platform)

Osteoarthritis: How to Help Your Clients Thrive!



Course Fee: Free / Non-Member fee \$25

1 Hour

CEUs TBD (CMTNB)

Instructors:

Tera Mezynski And Kerry Carlson,
Physiotherapists (British Columbia)

COURSE DESCRIPTION

Osteoarthritis is now the leading cause of disability. 1 in 5 Canadians are living with osteoarthritis and more people at younger ages are having total knee and hip arthroplasties. It is not only affecting our elderly population but now people in their forties who still want to lead productive lives at work and home. Massage therapists are ideally situated to be resources to help their clients.

LEARNING OBJECTIVES

In this engaging one-hour live presentation, the following learning objectives will be covered:

- To become familiar with the etiology of osteoarthritis and how it manifests
- To have an awareness of prevalence in Canada and how it can be associated with other co-morbidities
- To know about modifiable and non-modifiable risk factors
- To discover how to help your clients manage symptoms of osteoarthritis through a toolbox approach
- To understand the key role of exercise and how "motion is lotion"
- To find out ways to discuss negative beliefs and fears clients may have about osteoarthritis
- To learn about the "pyramid of care" with osteoarthritis with surgery being the last step
- To empower you as a massage therapist who can help your clients with OA thrive instead of sitting on a waitlist for surgery

The cost of this course is usually \$49.99/person located at:

<https://activeinitiatives.thinkific.com/courses/osteoarthritis-how-to-thrive>



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ABOUT THE INSTRUCTORS

Tera Mezynski, B(Sc) Kinesiology, M(Sc) Physical Therapy. Tera has worked in a health industry for over fifteen years in settings that include hospital, private practice, and exercise rehabilitation. Prior to obtaining a master's degree in physical therapy, she worked as a kinesiologist. Tera has a variety of techniques in her toolkit including vestibular rehab, advanced exercise prescription, acupuncture, muscle energy, concussion rehab and postural analysis. Tera has extensive training in lower extremity arthroplasty and has helped to develop surgical pathways. Neuromuscular exercise, muscle patterning and exercise prescription are some of her areas of expertise and passion. Tera's presentation style and knowledge will engage you during the session whether in person or virtual. Her enthusiasm is contagious.

Kerry Carlson, B(Sc) Physiology, B(Sc) Physical Therapy. Kerry has 25 years of experience in all areas of physical therapy including injury rehabilitation and health promotion. Prior to physical therapy, she was a research assistant in the Physiology department at UBC. Kerry is also a BCRPA certified Trainer of Fitness Leaders, and her passion lies in promoting active lifestyles for all ages. She believes a little movement throughout the day goes a long way and that small changes can dramatically improve our health outcomes. Kerry believes that movement needs to be for all ages and in the power of habit. □Kerry has a gift for dual task and cognitive exercise. Her exercise programs for 1:1 and group for vestibular, cognition and dual task that are second to none. Kerry has a love of research and professional development for herself and those around her. She is an unbelievable presenter who shares her knowledge of research in such a way that you can't help but be drawn in and enthused.

1:30pm – 2:30pm

Presentation via Zoom (online meeting platform)

How to Improve Balance, Mobility and Posture in an Ageing and Sedentary Population



Course Fee: \$50 / Non-Member fee \$75

1 Hour

CEUs TBD (CMTNB)

Instructor:

Phil Gorman, B.A., RMT,
Certified Posture Expert

COURSE DESCRIPTION

Spinal intelligence is a purposeful movement method that activates, strengthens, and balances the nervous system to optimize your balance, mobility, and posture.

The Human Spine has astonishing capabilities! Its structure and function are unparalleled.

Think about it... A stack of 26 Bones that is home to your Central Nervous System which can move in three different planes simultaneously and coordinates a vast range of intricate, sometimes powerful movements, all acting in concert with other bones, muscles, and neurological feedback loops!

The Spines' dexterity and intelligence is elastic yet strong, shock-absorbing, expressive and, when working properly, incredibly strong.

Join me as we mindfully train our centerline so you can restore the full potential of your spine.

- 5-minute introduction to Phil Gorman: My why and mission
- 40-minute Spinal Intelligence-Floor FUNdamentals Flow Class (Pre-recorded Video)
- 15-minute Q/A session/Wrap-up Q/A session/Wrap-up



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LEARNING OBJECTIVES

- Learn and experience my "spinal intelligence method" to help improve balance, mobility, and posture
- **Spinal Intelligence Method** – Importance of assessing before and after; importance of slowing down to notice differences; importance of the breath and coordinating it with movement; and how to safely get down and up from the floor
- **Supine Position** – Learn and explore-Spinal articulation/ how to find neutral / how to strengthen in neutral; positional release through “Constructive Rest”
- **All 4's Position** – Learn and explore- Spinal articulation/ how to find neutral / how to strengthen in neutral; core activation and anti-rotation movements / explorations.
- **Prone Position** – Learn and explore- Anatomy / activation of the posterior fascial chain
- **Side Lying Position** – Learn and explore-introduction to balance

ABOUT THE INSTRUCTOR

Phil Gorman, B.A., RMT, Certified Posture and Ergonomics Expert, is a passionate massage and nature therapist with over 20 years' experience supporting hundreds of clients in maximizing their human performance and potential. He's the co-founder of Cranial Waves Wellness Studio and “Massaged by Nature” with his beloved spiritual partner, Jules. They are in the beautiful seaside village of St. Martins, New Brunswick.

Phil is a lifelong learner whose "Passion for Posture" has led him to travel the world in search of truth, wisdom, and healing. It has also led him to train with some of the world's best doctors, therapists, and healers in the wellness industry. These experiences have led him to a deeper understanding of our complex human design and how to support others in generating balance, harmony, and health.

Phil's a self-proclaimed anatomy and physiology geek who's constantly blown away by the infinite infrastructure of the human body and its ability to heal under the right conditions. Phil's compassionate and positive approach have been known to inspire clients to be more present and make better choices. Phil is a student of positive psychology, gratitude, and mindfulness. With these powerful tools, he believes anyone can generate health, energy, and vitality.

In his free time, you can find Phil in the forest, on the beach or at his homestead enjoying the gifts of nature.



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3:00pm – 5:00pm / 15h00 – 17h00

Presentation via Zoom (online meeting platform)
Présentation via Zoom (plateforme de réunion en ligne)

Understanding Continuing Education Units (CEUs) **Comprendre les unités d'éducation permanente (UEA)**

Note: The presentation will be provided in English-only; however, the presenter is bilingual and will answer questions in both languages and notes will be provided in both French and English.

Note: La présentation sera donnée en anglais seulement; cependant, le présentateur est bilingue et répondra aux questions dans les deux langues et les notes seront fournies en français et en anglais.



Course Fee: \$75 / Frais de cours: 75,00

Non-Member fee \$100.00 / Frais de non-membre 100,00 \$

2 Hours / 2 heure

CEUs TBD (CMTNB) / UEA à déterminer (CMTNB)

Instructor: Christine Léger, RMT, MT Instructor, ANBMT Chair

Instructrice: Christine Léger, MTA, Instructrice de MT, Présidente de l'ANBMT

COURSE DESCRIPTION

The Massage Therapy Act, 2013 requires members of the College of Massage Therapists of New Brunswick (CMTNB) to participate in continuing education activities, as outlined in guidelines published by the CMTNB. This micro-course is a review of Policy Statement 2, Continuing Education Policy, and Guidelines, developed by the CMTNB Quality Assurance Committee.

DESCRIPTION DU COURS

La Loi sur la massothérapie de 2013 oblige les membres du Collège des massothérapeutes du Nouveau-Brunswick (CMTNB) à participer à des activités de formation continue, conformément aux lignes directrices publiées par le CMTNB. Ce micro-cours est une révision de l'énoncé de Politique 2, Politique de formation continue, et des lignes directrices, élaborés par le Comité d'assurance de la qualité du CMTNB.

LEARNING OBJECTIVES

By the end of this course, participants should have a clear understanding of:

- Credit Cycle
- CEU Requirements for Various Groups of Members
- Continuing Education - Category A
- Continuing Education - Category B
- Obtaining approval for specific workshops/courses
- Professional Portfolio
- Reporting CEUs to CMTNB at end of a cycle
- Consequence of not reporting or not meeting requirements
- Frequently Asked Questions

OBJECTIFS DU COURS

À la fin de ce cours, les participants devraient avoir une compréhension claire de:

- Le cycle des crédits
- Exigences en matière d'UEA pour divers groupes de membres
- Formation continue- Catégorie A
- Formation continue - Catégorie B
- L'obtention d'une approbation pour des ateliers/cours spécifiques
- Portfolio professionnel
- Déclaration des UEA au CMTNB à la fin d'un cycle
- Conséquence de la non-déclaration ou du non-respect des exigences
- Foire aux questions



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COURSE MATERIALS

All notes will be emailed to participants prior to class. The original document can be found on the CMTNB website under:

- Public protection/Resources/Policy Statement 2Continuing Education Policies and Guidelines
https://cmtnb.ca/docs/Policy_position_statements-CMTNB-feb2016.pdf

MATÉRIEL DE COURS

Toutes les notes seront envoyées par courriel aux participants avant le cours. Le document original se trouve sur le site du CMTNB sous la rubrique:

- Public protection/Resources/Policy Statement 2Continuing Education Policies and Guidelines
https://cmtnb.ca/docs/Policy_position_statements-CMTNB-feb2016_FR.pdf

COURSE FORMAT

This will be an online learning opportunity, in the form of a discussion.

FORMAT DU COURS

Il s'agira d'une opportunité d'apprentissage en ligne, sous la forme d'une discussion.

CLASSROOM POLICIES

- Participants should be on time and ready to start at the assigned time.
- Only respectful class discussions, comments, and questions relevant to the current topic will be allowed.

POLITIQUES DE CLASSE

- Les participants doivent être à l'heure et prêts à commencer à l'heure assignée.
- Seuls les discussions de classe, les commentaires et les questions respectueux et en rapport avec le sujet en cours seront autorisés.

ABOUT THE INSTRUCTOR

Christine Léger is from Notre-Dame, New Brunswick, where she lives with her husband and four sons. She graduated with distinction in massage therapy in 2006 from the Atlantic College of Therapeutic Massage (ACTM) in Fredericton, New Brunswick. Christine is a member in good standing and current Chair of the Association of New Brunswick Massage Therapists (ANBMT). She has also been a member in good standing of the College of Massage Therapists of New Brunswick (CMTNB) since its inception in December 2013. Christine has been teaching at the Collège Atlantique de Massage Thérapeutique (CAMT) in Dieppe, NB, since they opened in 2008.

ABOUT THE INSTRUCTOR

Christine Léger est originaire de Notre-Dame, au Nouveau-Brunswick, où elle vit avec son mari et ses quatre fils. Elle a obtenu un diplôme en massothérapie avec distinction en 2006 du Collège Atlantique de Massage Thérapeutique (ACTM) à Fredericton, au Nouveau-Brunswick. Christine est membre en règle et présidente actuelle de l'Association néo-brunswickoise de massothérapeutes (ANBMT). Elle est également membre en règle du Collège des massothérapeutes du Nouveau-Brunswick (CMTNB) depuis sa création en décembre 2013. Christine enseigne au Collège Atlantique de Massage Thérapeutique (CAMT) à Dieppe, NB, depuis leur ouverture en 2008.