

HOW TO RELIEVE CHRONIC FOOT PAIN

*presented by Karen Ball, NBCR, LMT
Owner of Academy of Ancient Reflexology*

Thousands of adults suffer from chronic foot pain due to bunions, hammertoes, gout, plantar fasciosis, peripheral neuropathy, bone spurs, arthritis, metatarsalgia (including Morton's neuroma), tarsal tunnel syndrome, injuries, surgery or just plain over use. With coaching and a customized session from a trained practitioner, these people do not have to live with debilitating pain!

In this experiential class you will learn:

- ★ the causes of the above-listed conditions;
- ★ pre-disposing contributors to foot pain and how they can be offset;
- ★ a hands-on protocol to address bunions, hammertoes, peripheral neuropathy, plantar fasciosis (fasciitis) and tarsal tunnel syndrome;
- ★ simple actions you can teach clients that can prevent and/or lessen their foot pain;
- ★ the advantages and disadvantages of shoes; which to wear and when.

WHEN

Fri, June 10th	5:00-9:00 pm
Sat, June 11th	9:00-5:00 pm
Sun, June 12th	8:30-12:30 pm

WHERE

The Maritime Institute
692 Maritime Boulevard
Linthicum Heights, MD 21090

PREPARATION

Review the anatomy of the lower legs and feet. Wear clothes that allow access to the feet and lower legs and the ability to stretch.

WHO CAN ATTEND

Certified reflexologists; massage therapists with at least an introductory level of reflexology education (2+ days).

CREDITS

ARCB: 18 ★ NCBTMB: 16

WHAT TO BRING

Massage table (reflexology chair will not work); sheet; long rope or belt or scarf (for stretching); writing utensil; highlighting pen

ABOUT THE PRESENTER - Karen Ball, ARCB, LMT

Karen Ball, NBCR, LMT, has practiced reflexology professionally since 1983 and massage therapy since 1989. Through the Academy of Ancient Reflexology, she presents introductory and advanced trainings in conventional reflexology, Thai reflexology and related subjects throughout the United States and Canada. She currently serves as the Vice President and Education chair of the Reflexology Association of America and writes the Reflexology Blog for Massage Magazine.

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Registration Form

IMPORTANT: Registration deadline is May 28, 2016

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (H) _____ (W) _____ (C) _____

Registration Fee for Workshop	\$ 325.00
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Were you an MDRA member on or before January 1, 2016? If so, MDRA will subsidize your registration! Deduct \$100 if you were a member on or before January 1, 2016.	\$ _____
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Total Enclosed	\$ _____
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Please complete this form and mail with your payment, payable to MDRA to:
 Caroline Klem
 2331 Braddock Road
 Mount Airy, MD 21771

A limited number of sleeping rooms have been reserved for MDRA at a special rate of \$135 for single occupancy and \$185 for double occupancy, per night.

Please note that your breakfast and dinner meals are included in this price!

To reserve your room, contact the Maritime Institute directly at 866-900-3517.

Do you have additional questions? Questions may be directed to Caroline Klem at HeartAndSoleConnections@gmail.com or 410-259-1881.