

# UPCOMING CLASSES

Workforce Readiness Edition

Wednesday, February 21, 2024

## The Movement of Massage Workshop



your wellness resource

Carteret Community College, 14 CE hrs. Cost \$285

Day 1: Fri, May 24, 8:30AM-5:45PM, Day 2: Sat, May 25, 8:30AM-5:45PM

In this two day workshop you will learn that pressing harder is no longer your only option! Your Trigger Point practice can be both gentler and more effective when movement is well integrated with applications of pressure. Rocking, passive ranges of motion and specialized regional movements can become a vital part of your strategy to lengthen taut bands and resolve the pain of their associated trigger points and attachment sites. Even during assessments, movement may be utilized to hone in on specific muscles as causes of pain and to enhance skill of palpation.

*STEWART WALKER, LMBT, NC License #1286, has studied and practiced massage since 1972. Stewart co-founded the Community Wholistic Health Center (1978) and was the founder and director of the Carolina School of Massage Therapy (1987). In 1990, he began private practice at his studio in Durham, NC. Stewart M. Walker is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider #450165-06.*

Register through Carteret Community College.

## REGISTRATION INFORMATION

Thank you for being so interested in upcoming classes. If you want to register for a class, go to [carteret.edu/CCED](https://carteret.edu/CCED), then follow these instructions. Online registration instructions can be viewed here for [Printable](#) or [Video](#) (<https://somup.com/cZnYFMpvck>)

Note:  
If you have never enrolled in a class at Carteret Community College, please [fill out this link](https://bit.ly/42KSfmp) (<https://bit.ly/42KSfmp>). You will be contacted once you are enrolled, and then you can register online. If you don't want to complete the online form, please call (252) 222-6200 for assistance.