



2017 AMTA-NE Meritorious Award Winner Becky Ohlson, President

The Nebraska Chapter of the American Massage Therapy Association is proud to announce the 2017 Meritorious Award was awarded to our President, Becky Ohlson at the National AMTA Convention last month in Pasadena, CA. The term “meritorious” refers to honoring qualities that are worthy of praise and reward and no one is more qualified for this award than our President. From the moment Becky Ohlson stepped into the role of AMTA-NE President in early 2016, she filled the position with a calm demeanor, grace and humility. During a time of administrative upheaval and challenges with legislative issues, Becky maintains a positive “can-do” attitude. In true leadership form, Becky looks for, encourages and supports the best in her board members and committee chairs.

In the Fall of 2016, Becky gathered the AMTA-NE board and committee chairs together for a meaningful and well-received board retreat led by our friend and mentor, Eric Stephenson. This team-building time together helped prepare the board and chairs for an upcoming and unforeseen challenge: a group of legislative actions were proposed early in 2017 designed to deregulate the massage profession in Nebraska. This extra legislative challenge is above and beyond the typical roles and responsibilities facing a new President, and yet Becky has maintained a steady stream of support and action. She has reestablished a close working relationship with National AMTA officers and staff, ensuring our chapter receives up-to-date and accurate guidance and support. We are very grateful to have such a positive and supportive leader at the helm through these rough waters.

THANK YOU, BECKY!

**For current updates and information,
please visit our Facebook page:**

“AMTA Nebraska Chapter”

**Have you NOT been
receiving our E-BLASTs???**

If so, contact Mitch:
mitchell.lowrylee@amtane.org

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National Alternate 2016: See Board Member 1

Education: OPEN

President's Message



Happy Fall!

As I write my message, we are in the middle of the best week of the year – NMTAW (National Massage Therapy Awareness Week)! I hope you all had a chance to celebrate your profession in some way. I have been so proud of our chapter, especially these last few months. We have all come together with united voices and spoken to our senators. We have educated them on our profession, how research has made what we do more relevant, how we collaborate within the medical health care system, and how we individually approach each client for their treatment needs.

“Coming together is a beginning, keeping together is progress, working together is a success” – Henry Ford

I truly believe that the leaders of our chapter have been doing an excellent job keeping us together. But it's not just due to our leaders; it's also because of you, the members. We say thank you from the bottom of our hearts for all the efforts you have performed!

This newsletter contains more information of what our chapter has been doing these past few months and also what lies ahead for 2018.

Enjoy the holidays that are upon us and make sure to take care of yourself!

Becky Ohlson, MEd, ATC, LMT
AMTA-NE Chapter President

This publication is published three times per year by the Nebraska Chapter of the American Massage Therapy Association (AMTA), a nonprofit professional Massage Therapy Association. This publication welcomes contributions from readers. Articles for publication must be typewritten and include legible signature, address, and phone number. Articles may be sent on a CD in Microsoft Word, Publisher, InDesign or Quark format. Ads sent on disk should include a print-out of final layout. Accepted file types include: Microsoft Word, Publisher, PDF, JPEG, TIFF, InDesign and Quark. Copyright material must accompany written permission by its holder. Submit Contributions to: Becky Ohlson, 1612 L Street, Lincoln, NE 68508. 402-310-7583 beckylmtatc@yahoo.com
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2017 AMTA-NE Delegate Report

I had the privilege of representing AMTA- Nebraska Chapter Members at the 2017 -House of Delegates meeting. During this the Final HOD Meeting, delegates voted on the following position statement “Massage Therapy Can Provide Significant Benefit as a Component of Integrative Health Care”. During debate, some questioned the language of the position statement in order for it to pass; more specifically, the use of the word “significant”, which was argued to be an implication of a 95% certainty in scientific terms, however many others thought the use of the word “significant” balanced out the position statement. Debate went on for the allotted time, and although a house member motioned to continue debate, that was not passed by delegates. The position statement was voted on by members and passed 119-18 with favorability from the majority of the House.

Next on the HOD agenda was a recommendation put forth by the Indiana Chapter which was concerning the topic of allowance of dues received from National for Student Membership Classification. The Following Recommendation was brought forth to the House of Delegates by the Indiana Chapter.

“ The House of Delegates Recommends to the National Board of Directors that National Policy be changed to allow chapters to receive an allowance of \$10.00 for each student member, allowing chapters to better serve all its members and fulfill the goals, objectives and vision of the American Massage Therapy Association.”

During debate of this recommendation discussion about a recent AMTA National Policy change in regard to free student membership and how correlatively it was having a financial impact on smaller chapters ensued. Some argued that this switch has put constraints on budgets of smaller chapters due to loss of membership dues at the student membership level. The HOD voted to bring this Recommendation to the National Board by a vote of 83/54 agreeing with Indiana Chapter that National needed to further discuss the implications of the recent policy change.

One final exercise that happened at this year’s HOD meeting was a mock practice on how the Assembly of Delegates would go next year. The exercise helped prepare delegates for the new processes that will be instituted at the 2018 Assembly of Delegates.

Before the Final House of Delegates Meeting adjourned a short celebratory reflection and toast was brought about by moderator Lee Stang, serving as a homage to the legacy and history of the process, thus ending the 2017 House of Delegates meeting. It was a pleasure representing Nebraska during the final HOD meeting and I look forward to the process moving forward at the 2018 Assembly of Delegates meeting. Here’s to the profession we are all so passionate about. Thank you to all of my fellow House of Delegates for making it a thought-provoking and inspiring experience. Here’s a toast to you.

Sincerely,

Mitchell Lowry-Lee, LMT

AMTA-NE Board Member & 2017 Delegate

P.S. - If you as a Nebraska AMTA member have ever considered running to become the delegate at a National Convention, I highly recommend it. It has given me even a greater appreciation for just how much this association appreciates its members and how it is working hard on behalf of Massage Therapists across the country.

Newsletter Advertising Rates

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Full page	7.5”w x 10”h	\$170
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1/4 page	3.25”w x 4.75”h	\$45
1/8 page	3.25”w x 2.25”h	\$25
Annual Subscription Rate		\$25

Newsletter Deadline

January 26, 2018
(newsletter deadlines are approximately one month before hard copy is due to reach our mailbox)
Advertising must be received by these deadlines to be considered for publication. All ads must be electronic or camera ready and accompanied by payment in full. Ads will not be billed. Make checks payable to the AMTA-NE Chapter and mail to Lora Van Etten, 1953 Jefferson Avenue, Lincoln, NE 68502

Government Relations Report

As your new Government Relations Chair with less than a month to prepare for the fall legislative hearing on LR228, I feel as though I was pushed out of a speeding vehicle and told, "Just tuck and roll, you'll be fine!" Turns out, because of our amazing members, I am fine. I am in awe of the dedication and effort you have brought to this fight. From letters and phone calls to written testimony and attending town halls, we presented a unified and precise front. We had over 30 written testimonies at the hearing, many from other healthcare professionals and well-known institutions.

Here is a recap from our lobbyist, Kent Rogert, of the process thus far and where we are going with it.

"LB 343 was introduced in January by Senator Riepe at the request of the Governor. The bill proposed changes in licensure requirements for several health professions. The hearing was held on March 1, which coincidentally was the 150th birthday of the State of Nebraska. Because there was a celebration scheduled for that day, the hearings that usually happen in the afternoon were moved to the morning, capping the amount of time testimony could be heard regarding the bill. This left many in the room without the opportunity to speak. Seeing the problem at hand, Senators on the committee believed there should be another opportunity for testimony to be heard with no limit on the total time per issue and a series of Legislative Resolutions calling for interim study hearings to be held. LR 228 was the resolution regarding massage therapy and a hearing was held on October 20th. There were only 2 people who testified to lessening the requirements for becoming a massage therapist, a representative of the Platte Institute and an attorney for the ACLU. The ACLU's position is they wish to make it easier for people with criminal records to get jobs and that's an immediate disqualification in all health professions.

The Platte Institute thinks Nebraska's licensing requirements are a barrier to people getting jobs and people who move to Nebraska who were licensed elsewhere.

We cannot yet predict what will happen with LB 343. LR 228, along with the other study resolutions, was an information gathering tool for the committee to formulate an amendment so Senator Riepe can attempt to advance it from committee. They will need 4 votes to advance it to the full legislature. Angela and I will be talking with the Governor's Office and Senator Riepe in the coming weeks in an attempt to hold harmless moving forward. Keep up the good work calling and writing your State Senators and those on the Health and Human Services Committee."

So, what does this mean for us moving forward with LB343? It means our work is not done, and this could be a very long fight. We need each and every member to continue making phone calls, writing letters, and engaging friends, family, clients, and other healthcare providers in the effort. We are finalizing the long term strategy and will be emailing it to you soon. I want to stress: This is a classic turtle and the hare scenario, we need to keep plugging along in our precise and unified front.

We also have another legislative issue on our plate. The reflexology bill has been moved into the Credentialing Review Program (known to some as the 407 process) This is to help legislators make decision on professional scope of practice and to help put new credentials into statute. If you would like to know the details of 407 process, please go to www.dhhs.ne.gov/pages/CredReviewReflexology.aspx.

You can read The Platte Institute's proposal at <https://tinyurl.com/ydgn2jq>

The 407 process is a long, labor intensive process. It will probably be a about 12-month process, finishing in the late summer or early fall. There will probably be four meetings with the technical review committee, with the last being a public meeting. We will be sending out a survey to see where the AMTA-NE membership stands on reflexology.

Needless to say, we have our plate full with legislative issues. Right now, the Government Relations Committee is a one-member team. I am in need of an entire committee in order to get the job done correctly. Committee members will help in research, contacting members, and continuing the implementation of our statewide strategy.

I've said it before and I'll say it again, we have the best members here in AMTA-NE. Hellen Keller put it best, "Alone we can do so little; together we can do so much." Continue using the talking points while writing letters and making calls. Contact your senator, contact the HHS committee members, contact HHS committee chairman Senator Riepe, contact the governor, then do it again. Together we will get this done.

If you are interested in becoming a member of the Government Relations Committee, please contact me at briana.cudly@amtane.org.

Briana Cudly, BS LMT
Briana.cudly@amtane.org
Government Relations Committee Chair

Nebraska Attorney General Says CBD Sales in State Illegal



By Keith Mansur

Oregon Cannabis Connection

Once again another state has said selling products with CBD (Cannabidiol) is not lawful, adding more debate and confusion to the controversy surrounding the cannabis plant extract. Two weeks ago a number of retail outlets began selling CBD extracts in Omaha under the guise of industrial hemp laws, but the Nebraska Attorney General Doug Peterson released a memo that made it perfectly clear that CBD products were still not legal.

The memo released by the Nebraska Attorney General states, "To date no drug products containing cannabidiol have received FDA approval. Therefore cannabidiol or any product containing cannabidiol, obtained by any means other than the authorized UNMC study, remains illegal to possess, manufacture, distribute."

CBD is an extract from cannabis flowers and the resin they produce. It has been shown to have possible medical value, and may be especially effective in preventing seizures and relieving pain. It is not approved by the FDA for medical use, and most retailers sell it as a natural supplement, or a what some refer to as a "nutraceutical." UNMC is the University of Nebraska Medical Center which was authorized under Nebraska law to conduct a four year long study into the medical efficacy of CBD. Under state law, the university has the authority to distribute CBD under the research program, but the sale of CBD products outside of the

university program was believed to be allowed by CBD American Shaman, the company that began selling CBD extract in the past couple of weeks. They cite the current federal law allowing industrial hemp products as the basis for their claims.

Attorney's for CBD American Shaman responded in a letter to the Nebraska AG which stated, in part, "The CBD American Shaman Store does not sell Marijuana as defined by the state statutes or regulations. Nor do they advertise, suggest, or tell customers that they do so. They do not warrant, advertise or suggest that their products are medicinal hemp extract as authorized under the Statutes, or that they are one of any State licensed facilities to sell hemp extract or qualify under 28-463-468 as medicinal cannabidiol under the State licensed University study."

What they do claim, according to business owner Donald Anderson's comments to KETV Channel 7 in Omaha, is that the product is allowed under the current industrial hemp provisions, "They are classifying what I am selling as a marijuana product, which it is not, it is an industrial hemp product."

The problem stems from the definition of industrial hemp and whether extracts derived from the leaves and flowers of the plants fall within the narrow definition. That definition requires the Tetrahydrocannabinol (or THC) levels from a hemp crop be under 0.3%, but the Ninth Circuit Court of Appeals ruled (see *Hemp Industries Association v. DEA*, 357 F.3d 1012 – 9th Cir. 2004 – *Hemp II*) that extracts derived from flowers and leaves were not industrial hemp, but still considered marijuana. The Ninth Circuit ruling stated:

"When Congress excluded from the definition of marijuana 'mature stalks of such plant, fiber . . . , [and] oil or cake made from the seeds,' it also made an exception to the exception, and included 'resin extracted from'

the excepted parts of the plant in the definition of marijuana, despite the stalks and seed exception."

Hemp producers, or at least those that produce medicinal hemp strictly for CBD, believe any product that comes from industrial hemp is legal as long as the THC level is below 0.3% and base their opinion on the Agricultural Act of 2014 (often referred to as "the farm bill"). But, the farm bill is very precise and requires universities and state departments of agriculture be involved in the production and cultivation of hemp as a research endeavor. Also, the DEA and FDA consider CBD to be an experimental drug which creates a whole litany of requirements for the substance to be administered, none of which are being followed by any state so far.

The truth is, that industrial the hemp laws were created to allow for the study and production of industrial products, like fiber and seed, not medicine, more commonly referred to as "dietary supplements", extracted from the flowers. This conundrum can only be solved by addressing the current schedule I status under the Controlled Substances Act at the federal level. We can hope action might be taken soon since many states have legalized just CBD with the hopes of using it as a potential medical treatment, and the position of the FDA and DEA has put a strain on the ability of states to have it available for study or treatment.

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Share your thoughts with us on this topic, we love to hear from our members. Email us at info@amtane.org or comment on our Facebook page at www.facebook.com/amtanebraska

Education Report

We brought in some great educational opportunities to you in 2017 and will have more for you in 2018!

At our State convention held in LaVista, we learned about the lymphatic system through Chikly Health Institute. Amy Williams shared more of her knowledge with balancing our energy through body, mind, spirit and soul.

Hands Across Nebraska was held in Columbus. It was a rainy day, so we all stayed dry inside and learned about various topics from ethics to scar release.

2018 is shaping up currently. Here are some dates to keep in mind:

Spring Convention

April 7 & 8, 2018

ReTensioning: A new approach to improve human movement and function

with John Macy, PT, PRC
Lincoln, NE

July 20th and 21st, 2018

Cadaver workshop
with Dr. Ryan Splittgerber
Kearney, NE

We will have full details in our January 2018 newsletter. If you would like to volunteer for either of these events, please contact us at info@amtane.org

Welcome our New Members!

Tyler Pflughaupt --- Alliance, NE
Monica Johnson --- Bennington, NE
Jessica Scott --- Central City, NE
Mandy Horn --- Crawford, NE
Phaedra Victory --- Crawford, NE
Kimberly Schoenhofer --- Elm Creek, NE
Amy Myers --- Geneva, NE
Kelly Schoon --- Gretna, NE
Erica Graves --- Lincoln, NE
Amanda Roesler --- Lincoln, NE
Remington Siebert --- Lincoln, NE
NaNessa Reyes --- Lincoln, NE
Raeleigh Pracheil --- Milford, NE
Lea Redden --- North Platte, NE
Lora Sedam --- Omaha, NE
Melvin Buffington --- Omaha, NE
Carly Lyons --- Omaha, NE

Kelsi Wertz --- Omaha, NE
Cecile Glick --- Omaha, NE
Angelo Delsenno --- Omaha, NE
Jamie Martin --- Omaha, NE
Jennifer Simmons --- Omaha, NE
Lynn Leonard --- Papillion, NE
Jose Leon --- Papillion, NE
Luciana Jarzynka --- Lincoln, NE
Rachelle Richter --- North Platte, NE
Tiffany Montgomery --- Bellevue, NE
Jennifer Cotarelo --- Ralston, NE
Wichian Chatmontri --- Omaha, NE
Courtney Downs --- Lincoln, NE
James Bushor --- Bellevue, NE
Glenna Pedersen --- Omaha, NE
Brianna Jurgens --- Firth, NE
Amittaia Mercurio --- Lincoln, NE

AMTA-NE chapter is very excited to have so many new members and proud to see more joining. We are excited to have you all partaking in this new adventure with AMTA-NE! You can stay current with our local chapter through our newsletters, website, and facebook page. We will be providing member gatherings throughout the year and would love to see you. Our local chapter is here to provide support, networking, and guidance during your journey as a massage therapist.

TONIA HUNTER, LMT
CSMT/Outreach and Membership
Chair
membership@amtane.org
402.430.1711

Become a Chapter Superhero Volunteer

There's nothing stronger than the heart of a volunteer. Once you have volunteered, you'll feel that new pulse that runs through your heart. Why is it that people volunteer? It's not because we don't need the money. It's not because we have the time. It's because we have a strong passion and we believe in it.

As parents, we volunteer because we love our children and want them to have the best experience with school, sports, and other activities. As kids, sometimes forced, but they do it to experience something new and to learn from the experience, but also to expand their environment. As professionals, we do it because others look up to us for the answers and at times there is a return on the investment too.



The AMTA-NE chapter is always open to anyone who wants to volunteer. We have opportunities that may last 30 minutes to an hour, and on up to leadership positions. Below is a list of the following opportunities.

- Education co-chairs and team members
- Outreach co-chairs and team members
- Government Relations team members
- Online Election coordinator
- Sports co-chairs and team members
- Communication co-chairs and team members
- Newsletter Team Members

With all of these opportunities available, we will match your skills so that no matter the task, it will be easy and fun for you. If you'd like a challenge along with guidance, we can provide that for you, too. If being a leader is something that comes naturally to you and you want to share and/or build your skills, we have those opportunities as well. Being a professional helps show the maturity of the organization. That maturity will reflect with your personal and professional life. It all makes us better people.

I've included a pyramid that was shared with us from the AMTA National office. Within this hierarchy, you can see where you might fit within the levels. If your life right now is around the bottom of the pyramid, then right now might not be the best time for volunteering or to limit how much you can volunteer. If your life is towards the top, then you are ready for more growth both personally and professionally.



My hope is that you take some time to reflect on how you could be of service for your organization. If you have any questions, you can ask anyone of us on the board. Our contact information is on the second page of the newsletter.

Thank you so much for considering all the options!

Becky Ohlson, MEd, ATC, LMT
AMTA-NE Chapter President

2017 CVOP Recap and CSMT Wrap Up

I was able to go to National Convention this year, and it was well worth the trip. It was such a great opportunity to meet other Massage Therapists in the network. This truly is a small world.

Attending CVOP (Chapter Volunteer Orientation Program), this year was an amazing opportunity for me to gain the necessary knowledge and skills to become a better volunteer for our chapter and massage community. I was able to visit with several other LMTs from across the nation about massage issues that we see here in Nebraska. The sense that we are all in this together was palpable in this meeting. Everyone I spoke with is continuing to educate the public on the value and benefits of Massage Therapy. The knowledge we can transfer to our senators and the general public is vital as it pertains to the legislative decisions being made. The communication skills we learn, as well as advanced therapeutic skills, can only enhance our opportunity to shine in the Healthcare Industry.

I was able to take several of the agenda items we discussed back to the chapter and my private practice as well. We learned about branding and the effects the presentation reflects on our business and any organization we're representing. We also learned how branding affects how we represent ourselves. This not only reveals itself in what we say and do, but in how we should advertise.

Beverly Riley

Beverly.riley@amtane.org

402-707-2248

CSMT wrap up

CSMT continues to grow. We have a wonderful group of LMTs that volunteer their time by offering massages to different community events. We also have an Emergency Response team that is able to go to disaster sites when called upon to offer massages to the first responders. The Volunteer Organizations Active in Disasters group has welcomed us, and they are excited to include us as part of their team. We will offer classes for the Emergency Response team again in the spring. If you have interest in taking a class or would like to sign up for the Outreach Division team please contact:

Beverly Riley

Beverly.riley@amtane.org

402-707-2248

or

Tonia Hunter

tonia.hunter@amtane.org

Sports Wrap Up

Feels like we are wrapping up the last of the sports events for 2017, just in time. The wind has shifted and it's getting colder. Once again we provided post-race massage for The Lincoln Marathon, Market to Market, and Good Life Halfsy. I want to thank everyone that has helped this year with these sport events. Each year these events help reach more athletes and the public which expose them to the benefits and value of massage therapy. For some, this is their first time and for others, it's a regular part of their recovery routine. You are the therapists that these runners remember and appreciate. Many runners comment on how grateful they are for the time you take to work on them. I personally had a gentleman at the Good Life Halfsy comment on how amazed he was at the number of LMT's that had volunteered at the marathon. We had 60 LMTs and students in attendance and we served just under 600 runners at the marathon. So a huge THANK YOU from me!

This year at Market to Market, we had 11 LMTs who served over 230 runners. It was a crazy night with some rain and some wind, but we had a blast. I think it is fair to say that the costumes are always fun to see, the music is always pumping, and the runners always seem to enjoy having us there. It's a longer event and we stay busy consistently. We are always excited to have other therapists come join in the fun.

We just wrapped up the Good Life Halfsy. This is such a fun race because there are so many first-time racers. It's a treat to be able to give them some recovery massage and introduce them to massage. Thank you to the 9 LMTs who worked this event. It was crazy busy, with people coming from all directions, and we served over 120 runners.

Respectfully,

Natalie George

SAVE THE DATES:
Lincoln Marathon Sunday, May 6, 2018
Market to Market Oct. 6, 2018
Good Life Halfsy Oct 28, 2018



2017 Good Life Halfsy Post Race Massage Therapist Volunteers



On the lookout for 2018

2018 Membership Survey

AMTA- Nebraska is currently compiling a list of questions to survey its members in early 2018. If you would like to propose a question to the board for consideration, please email info@amtane.org

2018 Spring Election

The 2018 elections will be taking place online again next year. We had great success in 2017 for our inaugural online election and are hoping for even more membership involvement next year.

The election will include nominations for the following positions: President, Board Member, Secretary, and Delegate. The position descriptions for these elected positions is available on our website and will be available in our January 2018 newsletter. If you are interested and would like to speak with one of us regarding a position, we welcome all conversations.

Abby Davis did a wonderful job organizing for this introductory chapter event and the whole process was seamless. She is super organized and has all information written out in a 3-ring binder and is willing to assist anyone who is interested in stepping up into the Online Elections Coordinator position.

We are a great team to work with and you'd be working for the whole membership building relationships and creating a sense of community!

2018 AMTA NE Chapter Calendar of Events

Jan 14th	AMTA-NE Board Meeting	Lincoln, Ne, 1:30pm
Jan 16th	Advertising Deadline	Spring 2018 Newsletter
April 7th & 8th	AMTA-NE State Convention	Lincoln, NE TBD
May 6th	Lincoln Marathon-Post Race Massage	Memorial Stadium- Lincoln, NE
June 24th	AMTA- NE Board Meeting	TBD
June 26th	Advertising Deadline	Summer 2018 Newsletter
July 20th & 21st	Cadaver Class	UNK- Kearney Nebraska
Aug 8th	Assembly of Delegates Meeting	Washington, D.C
Aug 9-11	AMTA National Convention	Washington, D.C.
Oct. 6th	Market 2 Market-Post Race Massage	Lincoln, NE
Oct. 28th	Good Life Halfsy- Post Race Massage	Lincoln, NE
Oct. 21st	AMTA-NE Board Meeting	TBD
Nov. 2nd	Advertising Deadline	Fall/Winter 2018 Newsletter

American Massage Therapy Association

www.amtamassage.org