

MASSAGE THERAPY AS A CAREER



*Have you ever thought
about becoming a*
**massage
therapist**

Many therapists work part time and keep their current job; others go into the field as a full time career. Either way, massage therapists have the opportunity to be a valued member of a health care team and recognized for their important role in helping to treat illness and chronic ailments and to provide relaxation and stress reduction for their clients.

Stark State College offers two approaches to training as a massage therapist. The certificate program enables students to complete the 42-credit hour coursework in four semesters, or take the 70-credit hour associate degree track which includes business and other courses which prepare students for success in their profession. Massage therapy education at Stark State College is offered primarily on the weekends in order to provide an opportunity for students to continue working while pursuing their education.

Massage therapists enjoy knowing that they make a difference in the lives of others, enjoy a high level of autonomy in their employment and ample time with clients to convey a sense of caring which facilitates a healing environment.

For more information on how to begin massage therapy education at Stark State College, contact Jack Beacon, program coordinator, at 330-966-5458, Ext. 4545.

Some benefits of massage therapy

- Reduces tension and helps to alleviate stress
 - Restores healthy muscle function
 - Increases circulation
 - Lowers blood pressure
 - Reduces pain
 - Increases range of motion in joints
 - Improves positive mood
 - Improves immune function
 - Regulates healthy nervous system function
 - Facilitates healthy elimination of toxins
 - Helps create balance in all body systems
- ... and it feels good*



massage therapy clinic

330-966-5458, Ext. 4725

about your massage

The Massage Therapy Student Clinic at Stark State College provides low cost massage to the public while providing an opportunity for students to apply their knowledge and skills by working directly with the public in a supervised setting.

We invite you to schedule an appointment to receive a massage in our relaxing on-campus clinic.

Please call the Massage Therapy Student Clinic at 330-966-5458, Ext. 4725 for current hours.

Cost: \$20.00 for a 50-minute massage. Discounts available for students, faculty and staff.



The student providing the massage will lead you to a private curtained area where you will be instructed on what to expect during the massage session.

You may undress to your level of comfort, position yourself on the table as instructed and cover yourself with the sheet provided. The student will ask if you are ready and then enter the room.

The student will only uncover the part of your body being worked on at the time – your modesty will be protected at all times.

Remember, it is your massage so feel free to give feedback to the student regarding your needs and comfort with the pressure being used; aside from that, just relax and enjoy the experience.

When the massage is finished, the student will leave you alone to dress and meet you in the waiting area where you will fill out a student evaluation form.

Community involvement is also part of our mission

The massage therapy program at Stark State College offers complimentary massage services to non-profit groups who qualify. For further information contact Jane Leonard, clinical coordinator at 330-966-5458, Ext. 4725 or jleonard@starkstate.edu.