

What is a Massage?

Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being. There are dozens of types of massage therapy methods (also called modalities).

People seek massage therapy for a variety of reasons – to reduce stress and anxiety, relax muscles, rehabilitate injuries, reduce pain, and promote overall health and wellness. But whether there is a specific goal or not, massage therapy tends to increase the general health and wellbeing of the recipient.

The Coalition of Caring would like to extend their appreciation to the below listed Massage Therapists who each year volunteer their time to provide caregivers with massages throughout the day of the conference.

If you want to enjoy a relaxing massage after the conference, please click on any of the below listed links for additional information.

Donna Basilou, Under My Thumbs, 603-566-2407, www.undermythumbsnh.com
Donna provides Therapeutic Massage and Body Work in the Manchester and Bedford, New Hampshire area. Her interests are in cupping and deep pressure work.

Jeanne Breton

Christine Fall

Deb Guimond, Bedford Body Care, Bedford, NH, 603-471-2969, <http://bedfordbodycare.net/>

Michelle Jeglinski, 603-271-9356, Michelle had been an LMT for the past ten years and also works for the State of New Hampshire as a Systems Developer supporting the Department of Health and Human Services.