

Cedar Rapids

February 12th, 2017

Subject: **Cosmetology: 9-11) Men's & Women's Hair Cuts, 12-2) Formal Up Do's, 2-4)**

Color

Time: 9am-4pm (lunch from 11am-12pm)

Presenters: Bobby Thompson, Monica McEowen, Jodi Connolly & Team

Hours: 6 CE hours

Cost: \$80 in advance / \$100 at the door

February 12th, 2017

Subject: **Esthetics: 9-11) Preventative Skin Care Options, 12-2) Spring 2017 Makeup Trends, 2-4) Bridal Airbrush Makeup**

Time: 9am-4pm (lunch from 11am-12pm)

Presenters: Audrey Beadle, Nikki Hynek, Audrey Beadle

Hours: 6 CE hours

Cost: \$80 in advance / \$100 at the door

February 12th, 2017

Subject: **Nails: 9-11) Nail Diseases & Disorders, 12-2) Water-less Pedicures, 2-4) Reflexology for Manis&Pedis**

Time: 9am-4pm (lunch from 11am-12pm)

Presenter: Sonya Thornton

Hours: 6 CE hours

Cost: \$80 in advance / \$100 at the door

February 25, 2017

Subject: **Working with Facia**

Time: 8:30-3:30(one hour lunch break)

Presenter: Christe Davis

Hours: 6 CE hours

Cost: \$90

August 19th, 2017

Subject: **Relieving Headache & Neck Pain**

Time: 8:30am-3:30pm

Presenter: Christe Davis & Jeanne Thomas Dietsch

Hours: 6 CE hours

Cost: \$90

Course Description: This is a one day 6 hour class that will include a brief review of the basic anatomy of the neck, upper shoulder, and head along with normal ROM for each muscle. The therapist will learn a treatment protocol for the neck, upper shoulder, head and face to incorporate into their current practices.

September 23-24, 2017

Subject: **Assessment & Treatment of the Cervical Spine & Upper Extremity**

Time: 9pm-4pm (one hour lunch break)

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: About the Class: This is a two day 12 hour class that will review basic anatomy of the cervical spine and the upper extremity. There will be a review of common soft tissue injuries of the cervical spine and the upper extremity. The therapist will learn common assessment and a deep tissue treatment protocol. They will learn an hour, anterior upper body routine to work with clients who have whiplash, TMJ dysfunction, TOS, epicondylitis and nerve impingement.

Waterloo

February 6, 2017

Subject: **Communicating Your Way to Success**

Time: 9:00 am – 12 pm

Presenter: Jennifer Laughlin Stevenson

Hours: 3 CE hours

Cost: \$35 in advance/\$40 at the door

Course Description: Communicate your way to success with clients, coworkers, management and staff.

February 6, 2017

Subject: **Dry Pedicures**

Time: 1pm-2pm

Presenter: Kelly Walters

Hours: 1 CE hour

Cost: \$15 in advance/\$20 at the door

February 6, 2017

Subject: **Airbrush Makeup**

Time: 2pm-3pm

Presenter: Ashley Forbes

Hours: 1 CE hour

Cost: \$15 in advance/\$20 at the door

February 6, 2017

Subject: **Marketing on Social Media for the Salon Professional**

Time: 3pm-4pm
Presenter: Shawn Bobst & Hope Belden
Hours: 1 CE hour
Cost: \$15 in advance/\$20 at the door

March 25th & 26th, 2017

Subject: **Assessment & Treatment of the Lumbar Spine & Lower Extremity**
Time: 9pm-4pm (one hour lunch break)
Presenter: Dr. Brooke Eckhardt Lee
Hours: 12 CE hours
Cost: \$180

Course Description: This is a two day 12 hour class that will review basic anatomy of the lumbar spine and the lower extremity. There will be a review of common soft tissue injuries of the lumbar spine and the lower extremity. The therapist will learn common assessment and a deep tissue treatment protocol. They will learn an hour, posterior and anterior lower body routine to work with clients who have Sciatica, nerve impingement, LBP, ITBS, plantar fasciitis, ankle and knee injuries.

October 14-15, 2017

Subject: **Assessment & Treatment of the Cervical Spine & Upper Extremity**
Time: 9pm-4pm (one hour lunch break)
Presenter: Dr. Brooke Eckhardt Lee
Hours: 12 CE hours
Cost: \$180

Course Description: This is a two day 12 hour class that will review basic anatomy of the cervical spine and the upper extremity. There will be a review of common soft tissue injuries of the cervical spine and the upper extremity. The therapist will learn common assessment and a deep tissue treatment protocol. They will learn an hour, anterior upper body routine to work with clients who have whiplash, TMJ dysfunction, TOS, epicondylitis and nerve impingement.

Davenport

February 6, 2017

Subject: **Spring's Freshest Cuts & Colors**
Time: 9am-12pm
Presenter: Sherry Pennington
Hours: 3 CE hours
Cost: \$40 in advance/\$50 at the door

February 6, 2017

Subject: **Detailed Men's Cuts**

Time: 1pm-4pm

Presenter: Todd Watts

Hours: 3 CE hours

Cost: \$40 in advance/\$50 at the door

February 13, 2017

Subject: **Iowa Law**

Time: 9am-11am

Presenter: Jessica Roberts

Hours: 2 CE hours

Cost: \$26 in advance/\$36 at the door

February 13, 2017

Subject: **Spa Manicuring/Nail Trends**

Time: 9am-12pm

Presenter: Stephanie Roessler

Hours: 3 CE hours

Cost: \$40 in advance/\$50 at the door

February 13, 2017

Subject: **Treating Mature Skin & More**

Time: 1pm-4pm

Presenter: Amy Bailey

Hours: 3 CE hours

Cost: \$40 in advance/\$50 at the door

April 8th-9th 2017

Subject: **Pre-natal Massage**

Time: 9:00 am – 4 pm

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: Learn a safe and effective way to provide, prenatal massage into your practice using, a side-lying and a modified supine position that is recommended for second and third trimesters. Learn to use cushions, bolstering and pillows to support the client for the most comfortable and relaxed position. We will discuss complications and contraindications of prenatal massage, the physical and emotional benefits of prenatal massage, like reducing anxiety, relieving muscle aches, and improved labor.

November 11th & 12th 2017

Subject: **Biomechanics Review and Massage Application**

Time: 9:00 am – 4 pm

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: There will be a review of basic biomechanics terminology, laws of motion and forces applied to the body through everyday life and massage therapy.

We will discuss postures, gate and proper firing patterns of normal gate. We will perform massage for abnormal gait and postures to assist with realignment of tissue and to allow for a decrease in tension of the tissues due to misalignment from poor biomechanics.

Dubuque

February 27th, 2017

Subject: **Cosmetology**

Time: 8am-12pm

Presenters: Samantha McDermott & Corinne Hurst

Hours: 4 CE hours

Cost: \$60 in advance / \$80 at the door

Subject: **Esthetics**

Time: 8am-12pm

Presenters: Audrey Beadle

Hours: 4 CE hours

Cost: \$60 in advance / \$80 at the door

Subject: **Nails**

Time: 8am-12pm

Presenters: Jason Glew

Hours: 4 CE hours

Cost: \$60 in advance / \$80 at the door

Subject: **Men's Haircutting**

Time: 1pm-3pm

Presenters: Todd Watts

Hours: 2 CE hours

Cost: \$30 in advance / \$40 at the door

Subject: **Iowa Law**

Time: 3pm-5pm

Presenters: Meggan Dobson

Hours: 2 Iowa Law CE hours
Cost: \$30 in advance / \$40 at the door

March 11th & 12th 2017

Subject: **Massage for Lumbar & Core Stabilization**

Time: 9am-4pm

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: Looking at muscle imbalance in the core and lumbar spine teach your clients how to balance their bodies and utilize proper biomechanical alignment. You will learn how to evaluate the alignment of the pelvis, which muscles are imbalanced, instruct your clients to focus on core strength, proper breathing techniques and exercises to strengthen their bodies.

The hands on technique will focus on soft tissue adhesions and trigger point in the surrounding tissues of the pelvis and low back.

October 7th & 8th 2017

Subject: **Restorative Yoga – Myofascial Release and Trigger Point Release**

Time: 9:00 am – 4 pm

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: Learn to help your clients relax and achieve proper alignment through peaceful meditative Yoga poses, using props, bolsters, blankets, towels, straps and pillows.

The class will consist of assessment of proper alignment of the body, assisting in to the restorative poses, helping the client feel, the proper body positions and working trigger points and myofascial release top allow proper stretch in the soft tissue.

We will work through five to eight poses.

You will need to bring two to three pillows, two to three blankets and bolsters.

This way you can learn to work with what you have at hand.

If you have your own yoga straps and blocks you are encouraged to bring them also.

I will supply the straps and yoga blocks