

## MAJOR CONFERENCES, CONTINUING EDUCATION CLASSES, AND WORKSHOPS

- Stevens Point Wellness Conference.....*Steven's Point, Wisconsin*  
1985, 1986, 1988, 1991, 1994
- ISA Graduate (Institute for Self-Actualization).....*Chicago, Illinois*  
1985, 1986 *Kalamazoo, Michigan*
- Power Communications for Women.....*Kalamazoo, Michigan*  
1986
- Certified in Advanced ECG (Clinical Nurses Association).....*Chicago, Illinois*  
1987
- Tai Chi Classes | Instructor: Jane Hale.....*Traverse City, Michigan*  
1988-1990
- Business Site Visit to La Costa Spa.....*Carlsbad, California*  
1990
- Advanced Cardiac Life Support (ACLS).....*Petoskey, Michigan*  
1991
- Director for Health Promotion Certification.....*Dallas, Texas*  
(Copper Clinic Institute for Aerobics Research)  
1991
- Massage Certification from State Licensed Massage School.....*Lapeer, Michigan*  
(Health Enrichment Center)  
1991
- Neuro Muscular Corrections (Health Enrichment Center).....*Lapeer, Michigan*  
Instructor: Brian Lewellen D.C.  
1992
- School of Clinical Approaches Advanced Massage Techniques.....*Lapeer, Michigan*  
(Health Enrichment Center) | Instructor: Sandy Fritz  
1992, 1993
- Myofascial Techniques (Health Enrichment Center).....*Lapeer, Michigan*  
Instructor: Sandy Fritz  
1992
- Therapeutic Touch | Instructor: Donna Logan R.N. ....*Harbor Springs, Michigan*  
1993

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- Therapeutic Massage (Health Awareness Center) .....*Petoskey, Michigan*  
Instructor: Celeste Hamilton  
1993
- Worksite Health Promotion .....*New Orleans, Louisiana*  
Shifting the Organizational Health Paradigm  
1993
- Soft Tissue Manipulation Techniques .....*Lapeer, Michigan*  
(Health Enrichment Center)  
Instructor: Leon Chaitow, D.O.  
1993, 1994
- Wellness in the Workplace (Links to Managed Care) .....*Ann Arbor, Michigan*  
1994
- American Medical Association Conference Presenter .....*Phoenix, Arizona*  
1994
- Craniosacral Therapy | Instructor: John Upledger, D.O. ....*Hilton Head, South Carolina*  
1994
- Certified in Erickson Hypnotherapy .....*Hilton Head, South Carolina*  
1994
- Principles of Effective Management Certification .....*Charlotte, North Carolina*  
(American Management Association)  
1994
- WCHP Heart Health Service Certified Vendor .....*Houghton Lake, Michigan*  
1994
- Art and Science of Health Promotion Conference .....*Orlando, Florida*  
1995
- Classes and Workshops .....*Petoskey, Michigan*  
(Feldenkrais Movement Therapy)  
1994, 1996
- Gestalt Body Centered Therapies .....*Hilton Head, South Carolina*  
Instructor: Ilana Rubenfeld

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- The Psychology of Health Immunity and.....*Hilton Head, South Carolina*  
Disease Conference  
1994, 1995, 1997, 2001, 2007
- Process Communication Model.....*Petoskey, Michigan*  
(Professional Consultation Services)  
1995
- Integrating Managed Care and Alternative .....*San Francisco, California*  
Medicine Conference  
1995
- Humanistic Psychology Conference .....*Indianapolis, Indiana*  
1996
- Russian Medical Massage (Health Enrichment Center) .....*Lapeer, Michigan*  
Instructor: Dr. Greivitch, M.D.  
1996
- Learning Awareness Techniques .....*Midland, Michigan*  
(Three in One Concepts) | Instructor: Cathy Teal  
1996
- Grant Writing Workshop.....*Traverse City, Michigan*  
1996
- Esoteric Healing, Levels I, II, III, IV, V.....*Lansing, Michigan*  
Instructor: Barbara Briner, D.O.  
1996-2001
- Creating Health | Instructor: Christine Northrup, M.D.....*Petoskey, Michigan*  
1997
- Myofascial of the Lower Leg (Chicago School of Massage).....*Traverse City, Michigan*  
Instructor: Earl Conner  
1997
- OSHA Compliance Training Seminar .....*Petoskey, Michigan*  
1997
- Manual Medicine Techniques | Instructor: Marie Gibson.....*Midland, Michigan*  
1998

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- The Immune System | Instructor: Dr. Steven Keller, Ph.D .....*Lansing, Michigan*  
1998
- LaStone Therapy (The Wellness Institute).....*Harbor Springs, Michigan*  
Instructor: Mary Hannigan  
1999-2000
- Anti-Aging Conference (A4M).....*Chicago, Illinois*  
July 2000
- Muscle Release Techniques .....*Buffalo, New York*  
Instructor: Michael Young  
2001
- Mary Gordon Health Lectures .....*Petoskey, Michigan*  
(Sponsored by Northern Michigan Hospital)  
2000-2003
- Clinical Hypnotherapy | Certification #402-101 .....*Lansing, Michigan*  
Instructor: Bob Ranger  
2001-2002
- Mystery School | Instructor: Jacqueline Small, Ph.D .....*Indianapolis, Indiana*  
2001
- A Healthy Retreat for Chiropractors .....*Mackinaw Island, Michigan*  
Essentials of Nutritional Therapy  
Instructor: David Brownstein M.D.  
2002
- Diabetes Update (Northern Michigan Hospital) .....*Petoskey, Michigan*  
2003
- The Disney Keys to Excellence Marketing Program.....*Petoskey, Michigan*  
for Business Professionals  
2004
- Conflict Management and Negotiation Skills.....*Petoskey, Michigan*  
(National Seminars Group)  
2004

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- How to Handle Difficult People .....*Petoskey, Michigan*  
(National Seminars Group)  
2005
- Physiotherapy of Neck and Back.....*Ann Arbor, Michigan*  
Instructor: Ben Benjamin Ph.D.  
2006-2007
- Manual Medical Massage Technician.....*Monroe, Michigan*  
Instructor: Keith Barber D.O.  
2009-2010
- Grantsmanship, Certified Training in Grant Writing.....*Troy, Michigan*  
2010
- Moderator Training (Michigan State University).....*East Lansing, Michigan*  
2011
- Facilitative Leadership (Michigan State University) .....*East Lansing, Michigan*  
2011
- MSU Education Teaching Portfolio for Graduate Students .....*East Lansing, Michigan*  
2011
- Leadership Training for Graduate Students.....*East Lansing, Michigan*  
(Michigan State University)  
2012
- Nonviolent Crisis Intervention Training.....*Petoskey, Michigan*  
(North Country Community Mental Health)  
2012
- “Exercise For All” Keynote Presenter.....*Petoskey, Michigan*  
May is Mental Health Care Month  
2012-2015
- MSU Thesis (Michigan State University) .....*East Lansing, Michigan*  
Community Adoption of Transportation Innovation  
Case Study In Policy and Regulations  
Presentation Defense Before Advisor Chris Vogt Ph.D and Committee  
2013

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- May Is Mental Health Care Month.....*Petoskey, Michigan*  
2014
- Motivational Interviewing.....*Petoskey, Michigan*  
(North Country Community Mental Health)  
2015
- Licensed Massage Therapist.....*Petoskey, Michigan*  
License #7501006016 | expiration date: 10-31-2019  
2016
- 5K Run/Walk Race Organizer.....*Petoskey, Michigan*  
May Is Mental Health Care Month
- The Spartan Leadership Experience .....*East Lansing, Michigan*  
(Michigan State University)  
2018
- Nutrition 123 Online Certification.....*East Lansing, Michigan*  
(Michigan State University)  
2018
- Serve Safe Certification | Instructor: Michelle Jarvie.....*Petoskey, Michigan*  
(Michigan State University)  
2018
- Mental Health First Aid Certification.....*Pickford, Michigan*  
(Great Lakes Recovery)  
2019
- CPR and First Aid Training.....*Petoskey, Michigan*  
(American Heart Association)  
North Central Michigan College  
2019
- Integrative Medical Conference.....*San Diego, California*  
(AIHM) 2019 (20 CEUS)
- American College of Sports Medicine (ACSM) Certified Personal Trainer  
(March 2021)
- CHES Certified Health Educator  
(April 2021)

20 hours of continuing education through ABMP on pathology, massage techniques for injury recovery on shoulder, knee, back and neck for continued licensure.

(2021 and 2022)