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# Massage Message

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Associates in Massage Therapy

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Fall, 2007

Volume 1, Issue 2

3rd Annual Fundraiser  
in honor of  
National Breast Cancer  
Awareness Month

**WE NEED:**

**Volunteers**

**Donations**

**Raffle & Auction Items**

**Bake Sale Items**

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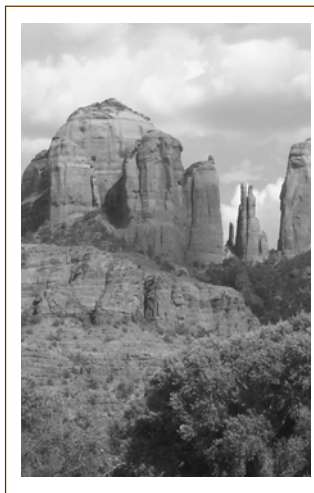
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## *Greetings from Kelly.....*

And in a flash, summer's over. The last few months have flown by and so much has happened, I decided we needed a fall newsletter. I hope everyone had a great summer. Walt and I traveled to Arizona again in June and visited with our friends in Sedona and Flagstaff. It was beautiful the whole trip and we were able to visit places we haven't had time to visit before. The end of July took my whole family to Dauphin Island and Gulf Shores, AL. My aunt, uncle, and all my cousins stayed in the condominiums on Gulf Shores and my immediate family shared a beach house on the island. We took a deep sea fishing trip and spent A LOT of time on the beach.

Immediately following the vacation, I took my PTA exam (and passed!!) and have accepted a position with Southwestern Illinois Visiting Nurses Association as their home health PTA. The new routine takes a bit to get

used to, but they have been wonderful about letting me be flexible with my schedule.



*Cathedral Rock at Oak  
Creek Canyon in*

Other than that, it's business as usual. On Saturday, October 6th, we officially opened the new massage room at The Healthy Nutt in Freeburg (see page 4). We expect to start taking appointments at Colonics & Detox by November 1st.

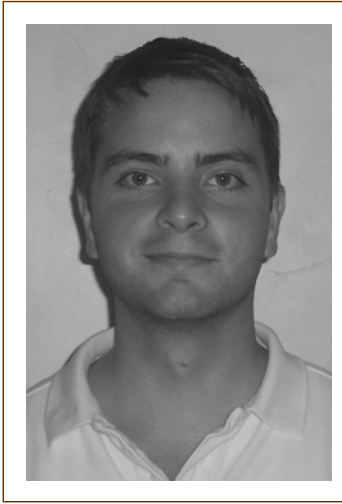
Most of my spare time recently has been spent preparing for this year's fundraiser. It will be

held, Saturday, October 20th from 11:00-6:00. This year, the profits will benefit the Y-Me National Breast Cancer Organization. If you can do anything to help this year, it would be greatly appreciated! (See page 5.)

Hope all is well and you have a great fall!

*Kelly*

## Welcome New Associates



*David Grosse*

David completed his Master Massage Practitioner Program at the Southwest Institute of Healing Arts in Tempe, AZ, and received his National Certification in 2006.

In addition to practicing traditional massage therapy, David specializes in more holistic modalities. He will be offering sessions in Hawaiian Massage (Lomi Lomi), Thai Massage, East Indian Head and Face Massage (natural facelift) and Lymphatic Massage. He is also Level II Reiki attuned and has extensive education in Holistic Nutrition Studies. David is also a distributor for Young Living

Essential Oils and enjoys incorporating aromatherapy in his work.

David, and his wife, Rachel, have an eighteen month old daughter, Aubrey, and are expecting a son in November. He recently spent time with Grammy Award winner, Jai Uttal, studying Kirtan, the practice of Bhakti (devotional yoga). David says his intention is to allow whatever healing take place that is in the best interest of the individual's highest good at that given moment. His goal is to be an instrument of peace and healing to all.

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## Welcome New Associates

Dawn earned her massage certification in 1996, from the Kaleidoscope School of Massage Therapy in St. Louis. Prior to her massage career, Dawn worked in retail while she was married and raising her children. She changed careers after becoming a single mom and has been in practice ever since.

Dawn is the mother of three sons. Her oldest, Brad, is active in the US Marine Corp and will returning to Iraq in January for his second tour of duty. Her son, Ian, is a freshman at Northern Illinois University studying finance. Her youngest, Cameron, is a junior at O'Fallon Township High School.

Dawn joins us after ten years at an area spa where she was a massage

therapist and manager. She specializes in deep tissue, myofascial release, reflexology and prenatal massage. She also bring extensive experience in spa therapies such as; salt glows, inch-loss body wraps, exfoliation treatments and facial treatments.

Dawn brings with her an amazing talent for recognizing and addressing musculoskeletal imbalances. She pays special attention to each client as an individual and has an ability to tune in to their unique needs.



*Dawn O'Neil-Schnur*

# Welcome New Associates

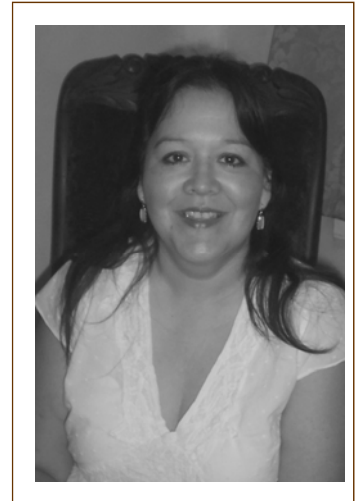
Carol Fairchild is a Belleville resident joining our practice to share her experience as a Reiki Master and Aromatherapist. She is the mother of four and a member of the Athabascan Tribe of Alaska. She is a graduate of Althoff High School and Belleville Area College. She spent her early years raising her children and doing volunteer work. She was a member of the PTA and volunteered at many Belleville and Fairview Heights schools to teach the difference between Native American and Eskimo cultures in Alaska.

In 2001, Carol was introduced to Young Living Essential Oils.

Therapeutic grade essential oils are the missing link to our well being. She uses aromatherapy daily in her life and enjoys sharing her knowledge with others.

Carol began studying Reiki in 2002 and was attuned as a Reiki Master in February, 2007. Reiki is a gentle, non-invasive method of healing using Spiritually Guided, Life Force Energy. Reiki is love, and therefore, it "Helps Ever, Harms Never."

She feels she is an instrument and has a truly beautiful energy flowing through her.



*Carol Fairchild*

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**Judy Simmons, a graduate of Allied College in St. Louis, will joining Associates at the end of the month. She will be specializing in myofascial release and hopes to pursue continuing education in Craniosacral work.**

## Associates



Jessica Peak will soon be leaving us. Her husband, Curt, has accepted a new job in South Carolina and has already moved to start with his new company. Jessica plans to join him later this month after closing on their home. She is going to be missed terribly, but we wish her all the luck and happiness in the world and know how happy she will be living much closer to her family.



Audrey Kiser has been working full-time at a local golf course and has decided to put massage therapy behind her. She has chosen to pursue new interests in business and retail. We enjoyed having her with us and hope she finds fulfillment in her endeavors.



Colleen Coyle has had some medical issues this year. She is recovering well from a recent surgery and has started fall classes at SWIC. She expects to be working as a massage therapist as soon as possible, but is limited to helping with lighter duties for the time being. Please keep her in your prayers for a complete and uncomplicated recovery.

# Relay for Life

Colleen & I participated in Freeburg's Relay for Life this year by offering free chair and table massages. The event went well and those involved raised over \$25k. Next year, we hope to participate in more Relays and other fundraising events in the area.



*Colleen Coyle at Freeburg Relay for Life*

## Outdoor Massage Room



Although it's not exactly what we had in mind, the outdoor massage room is completely functional now! Hopefully we'll have some time to use it before the weather gets too cold.

## New Room at The Healthy Nutt

On Saturday, October 6th, we officially opened our new location at The Healthy Nutt in Freeburg. In the beginning, we will schedule by appointment only during normal business hours: Mon-Fri 8:00-6:00 and Sat 8:00-12:00.

If you are interested in making an appointment at The Healthy Nutt, please call us at 618-235-8853. For more information on the store and it's owner, Jackie Sommer, visit the website at [www.thehealthynutt.com](http://www.thehealthynutt.com).

Another website worth visiting is [www.dinneratyourdoorpcs.com](http://www.dinneratyourdoorpcs.com). I had the pleasure of meeting Chef Cari Schaeffer at a cooking demonstration at The Healthy Nutt. She is an extraordinary woman and I hope to use her services, personally, very soon!



*New Massage Room, Freeburg, IL*

## Collecting....

Please save for me:

- Empty prescription and over-the-counter pill bottles
- Belleville News Democrat blue delivery bags



# Third Annual Fundraiser

Saturday, October 20th, 2007

11:00-6:00

## Entertainment & Vendors:

- Free Chair Massages:
- Associates in Massage Therapy
- Kevin Heim, Live Music
  - E. Loving Rose, Aura Photography
- Cris Campbell, Living Young Oils
- Lois Berryman, Colonics & Detox for Health
  - Terri Mearns, Partylite
- Annabelle the Clown - Face Painting & Balloon Animals
- Jean Anne Herley, Arbonne
  - Kim Grigsby, Mary Kay

## Still in Need:

- Tables
- Canopies
- Bake Sale Items
- Soda & Water
- Hot Dogs & Buns
- Gift Baskets
- Gift Cards & Certificates

## **VOLUNTEERS**

## Donations:

- Autographed football by St. Louis Rams Quarterback, Mark Bulger
- 4 Club Seats for 2008 Cardinals Season (Section J152)
- WIL Radio - 4 Person Tour & Airtime on Bo Matthews afternoon show
  - Anheuser Busch
    - Partylite
    - Tupperware
    - Bel-Aire Bowl
  - Bonnie's Formal Fashions
    - Little Nikki's BBQ
    - Arena Liquors
    - Swansea Fish Stand
- Belleville Main Street Organization
  - Arbonne
  - Fischers Restaurant
    - Avon
  - Leona's Unique Boutique
    - Shari's Hair Design
      - B&G Music
      - Guitar Center
        - Hooters
      - The Healthy Nut
    - Body Therapy Center
      - Ace Hardware
    - St. Louis Bread Company
      - The Tan Company

(See updated list at [kellycrockenfigi.com](http://kellycrockenfigi.com))

*New Website:  
kellycrockenfigi.com*

*Associates in  
Massage Therapy*



*Saving the world one  
massage at a time.*

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10 South Church St.  
Belleville, IL 62220  
618-235-8853

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*Bit & Pieces Schedule*

Sunday, October 14th, 3:00-6:00  
Hidden Lake Winery, Aviston, IL

Saturday, October 20th, 8:00-12:00  
TR'S Place, Belleville, IL

Saturday, October 27th, 8:00-12:00  
Centerfield, Belleville, IL  
Halloween Party

Saturday, November 10th, 9:00-1:00  
Dutch Hollow Barn, Belleville, IL

