



cortiva institute® - chicago

School of Massage Therapy

March 2010 | Volume 4 | Issue 1

## DAVID KAWATERS

Cortiva Institute – Chicago | CLINIC SCHOLARSHIP

First winner of David Kawater's scholarship - \$500 scholarship to Catherine Gerardi of the Crystal Lake Campus. She attended the MCL 121 Loop clinic last quarter and forwarded the winning essay/application.

[Interview info on page 4.](#)



## We're up and running at our new location in Crystal Lake!

The Crystal Lake faculty has had a very busy first two quarters with the opening of our new campus and our new Massage Therapy Center!

Our fabulous teaching staff, Mark McNeill, Tamara Gold, Holly Tomal, Deb Schweitzer, JD Dinnauer and a group of excellent TA's (Jennifer Harris, Julie Tidwell, Michelle Haugen and Kristen Holdcroft) and of course, our ever-famous Campus Director, Earl Conner, have been able to make a pretty smooth transition. Earl wears many different hats out here and we wouldn't be where we are today if it wasn't for him. Our whole team brings something to the table! Michelle Haugen and JD are the Sunday clinic supervisors. The clinic is supervised by JD on Tuesday evenings and Holly Tomal on Friday evenings.

Our student population seems to be growing every quarter. This quarter we have over 140 students! Meghan O'Donnell, Student Services Coordinator, and Jennifer Fair, Financial Aid Representative, support our students as they enroll and journey through the program. Janez Kutzke, Assistant Director of Admissions, is the pulse of our campus. She grows our campus and is the positive influence that keeps us going.

Two classes have already graduated from this campus and there is another group of fabulous students to follow as the circle of Cortiva continues. We are very excited about our new classrooms and clinic and invite you to come out and see for yourselves!

Yours in Massage,

Holly Tomal



# NOW OPEN: 3 CHICAGOLAND MASSAGE THERAPY CENTER LOCATIONS

## Crystal Lake

241 Commerce Drive  
Crystal Lake, IL 60014

**Hours:**

Tuesday, Friday, and Sunday evenings only

## Chicago Loop

18 N. Wabash Avenue  
Chicago, IL 60602

**Hours:**

Open 7 day a week  
9:30am with some evening hours until 9pm

## Woodridge

1051 Internationale Pkwy  
Woodridge, IL 60517

**Hours:**

Mondays, Wednesdays, Thursdays  
1 - 5pm

To book massage for all locations call 312-753-7990 or book online at [mtc.cortiva.com](http://mtc.cortiva.com)

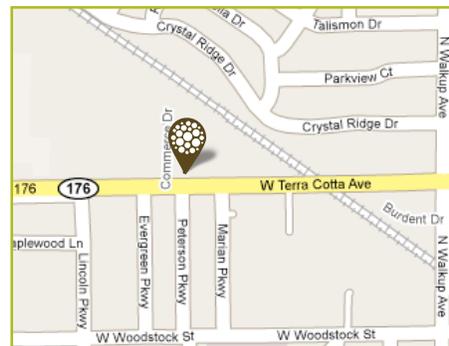
## continuing education

All classes are approved by the National Certification Board and may be used toward your NCB Recertification and Illinois State License requirements. Continuing Education classes will be offered in all three locations:

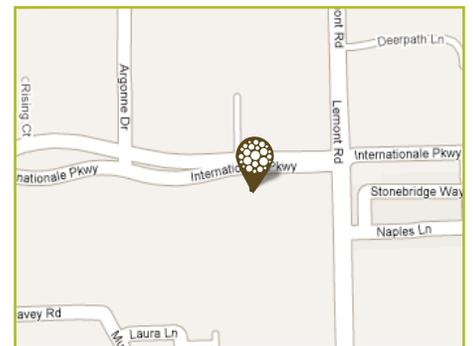
17 N. State Street • Chicago, IL 60602



241 Commerce Drive • Crystal Lake, IL 60014



1051 Internationale Pkwy • Woodridge, IL 60517



- Hot Stone Massage for Professionals
- Aromatherapy for the Massage Therapists and Bodyworkers
- Basics of Pregnancy Massage
- Professional Ethics for Bodyworkers
- Reiki - Levels 1, 2, 3
- Massage & Cancer
- Deep Tissue Refresher
- Body Mechanics
- Introduction to Spa Treatments
- Passive Stretches from East to West
- Reflexology for Stress
- Chair Massage: Hand Saving Techniques using your Elbow, Forearm & Knuckles
- Clinical Approaches for Fibromyalgia Syndrome
- Clinical Sports Massage (various)

To view a complete class list by location and register online, go to [www.cortiva.com/csmt/ce](http://www.cortiva.com/csmt/ce)

# PAY IT FORWARD

As part of the professional massage therapy training program, students provide massage therapy to the general public in the Student Clinic. Since students are not able to accept any direct compensation for their massage services, if a client chooses to leave a gratuity, the gratuity is accepted on behalf of the entire class and donated to a charitable cause. Read on and be inspired.



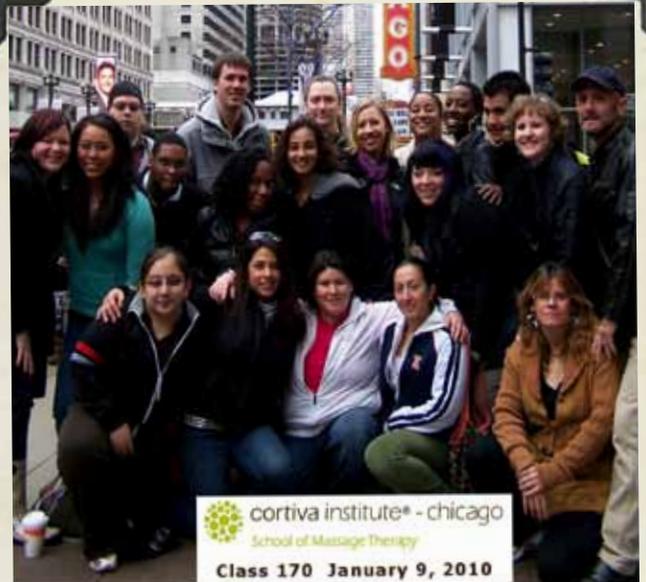
\$471.21 - Paws of Chicago  
\$471.21 - Make a Wish Foundation of Illinois



\$890.23 - Crystal Lake Food Pantry  
\$890.23 - Agape House Inc.



\$595.00 - Bear Necessities Pediatric Cancer Foundation  
\$595.00 - Department of Veteran Affairs



\$362.00 - Autism Society of America  
\$362.00 - The American Society for the Prevention of Cruelty to Animals  
\$362.00 - Gateway Alcohol and Drug Rehab

# First winner of David Kawater's scholarship

## \$500 scholarship to Catherine Gerardi of the Crystal Lake

### How did you feel about being the first recipient of the scholarship?

I am excited about being the first recipient of the scholarship, but am sad considering the circumstances the scholarship was established as I value human life and not the money. I hope to make David Kawaters and Cortiva Institute proud that I am the first recipient. My education and student clinic experience combined have made me a confident wellness practioner/massage therapist and I can't wait to hit the field running and also help others along the way because I believe in giving back and paying it forward.

### How did you become interested in equine sports massage & massage therapy in general?

I became interested in equine sports massage years ago as I have been an active equestrian athlete/competitor since I was 7 years old (now 39 going on 40). I wanted to learn how to benefit my athletic partners (my horses) to enhance their performance to be the best they could be and also to be able to treat common injuries in horses without medications. I have always wanted to get educated on human sports massage therapy to help the riders as well, but

this was always on the back burner. I currently train with an international dressage trainer and am changing status to professional so I can teach riders and horses. My mission statement from day 1 is "To utilize sports massage therapy along with fitness and nutrition to teach/train dressage to both horse and rider through body awareness" I believe my training and continuing education puts me in a unique niche market to help horse and rider reach and maintain peak performance levels.

### What are your plans after graduation?

My plans after graduation are to work with horse/rider combinations through teaching and sports massage therapy in training and clinical settings. I have had success already with riders and their horses and am excited to pursue this niche as I have several interested clients waiting to start. I am also pursuing international level dressage competition with aspirations of going to the Olympics and am working with my trainer, Christopher K. Taylor of Sport Horse International, diligently to accomplish this. I also have a equine chiropractor interested in working with me to promote my idea so I am really excited!



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- Click on REGISTER!
- Check STUDENT or ALUMNI
- Follow the prompts
- CLICK SUBMIT – you'll receive an email notice with access approval

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For further assistance, contact  
Susan Barney, Career Services Director  
at [sbarney@cortiva.com](mailto:sbarney@cortiva.com) or  
312-253-3345.