

# Calgary College of Holistic Health & Clinics Inc.



## MAILING ADDRESS ONLY

(For registration and information)  
412 Silver Valley Rd. N.W  
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Tel: (403) 288-4511

[www.cchh.ca](http://www.cchh.ca)

## TEACHING LOCATION ONLY

(No mail delivery)  
University of Calgary  
Kinesiology Complex  
2500 University Drive N.W.  
Calgary, Alberta

## Continuing Education Seminars and Advanced Techniques Seminars



These seminars have been developed to further your understanding of common chronic conditions and sport injuries. You will learn how to accurately identify conditions and treat them with confidence.

I will show you the most effective techniques that have been used by soft tissue therapists and medical professionals for years. We will also discuss rehabilitation options, such as strengthening, stability, nutrition, neural facilitation, etc.

The seminar will consist of both lecture and practical instruction, including hands-on practicum on trained instructors.

### Course Content

- Technique Protocols
- Physiology
- Pathology
- Chronic Conditions
- Sport Injuries
- Nutrition
- PNF Stretching
- Rehab Exercises
- Home Exercises
- Contraindications
- Rehab Protocols
- Injury Prevention

### Dates:

### Myotherapy, Triggerpoint and Sport Injuries

September 24-25, 2016 (Sat & Sun)  
9:00am - 3:00pm

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## SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Address, Postal Code, City \_\_\_\_\_

Please register me for the following class: (circle)

### ◇ Fall Advanced Techniques Seminar

Seminar Cost: \$275 (each seminar)

Please make certified Cheque or Money Order, (do not send cash by mail) payable to:  
"Calgary College of Holistic Health & Clinics Inc."

**We are no longer accepting credit card payment**

Signature \_\_\_\_\_ Date \_\_\_\_\_