

## A BUSY SPRING...

Covington Massage & Wellness is no stranger to entertaining. In just the few short months we've been open for business, we have participated in quite a few events. We love to open our doors and invite the neighborhood in for a tour of our beautiful space and conversations about wellness.



*Kelly, Melissa and Marie at ATOC's Merchant Stroll.*

A Taste Of Covington's Merchant Stroll took place April 6 in downtown Covington. We had a vintner sampling some wine and Christian Serpas and his band set up right outside our front door.

On April 15, we hosted the first ever Alliance of Northshore Massage Therapist Meeting. This is a networking group for LMTs, students of massage therapy, and other body workers/healers on the Northshore. We plan monthly meetings so get in touch if you want to join us!

We were the venue for the Youth Art Contest for the St. Tammany Art Association's Spring for Art on April 20. We had over

140 entries from school – aged children in the parish. We had winners in four different age groups. The children took home prizes and awards. We loved having their beautiful artwork in our healing space!



*Kelly and Marie with the winner of grades 3-8 age group of the Youth Art Contest*

On May 16, Dina Pace and Patty Martinez (both Independent Product Consultants for doTerra Essential Oils) held an essential oils class. The lecture featured basic uses of essential oils and a "medicine cabinet makeover".



*Patty Martinez speaks during the Essential Oils Class.*

## UPCOMING EVENTS

**June 8,** Reiki I Class, 9a-1p

**June 8,** Yoga & Meditation Workshop, 2:30-4:30

**June 28,** Columbia Street Block Party, 6:30-9:30p

**June 29,** Bicentennial Parade, noon

**Late June (date TBD),** Kangen Water presentation with Ellen LaRocca & Kombucha Tasting with Susan Tarasova

**July 9,** Meeting of the Alliance of Northshore Massage Therapists, 6-8pm

## LOOKING FORWARD...

Marie Humphries attended the American Massage Therapy Association-Louisiana Chapter Convention last month. The convention was held in Lafayette May 17-19. In addition to offering continuing education, the convention hosts board meetings and elections for board officers. After holding several positions with the board, Marie was elected to the position of 1st Vice President. She will be attending the National Convention with the

AMTA-Louisiana's current President, Dianne Navarre and five other board members in September. We are proud of her accomplishments!

Kelly McGee has begun a partnership with Bogue Falaya Fitness (formerly Gilboy's Athletic Club) to provide Chair Massage at the club twice a month. She is looking to add venues to her chair massage schedule. If you would like to have chair massage at your business or event, call 504.913.6155

Melissa Pearson is the Louisiana Chairperson for the Government Relations Committee of the National Certification Board for Therapeutic Massage and Bodywork. She will be travelling to Minneapolis this summer to assist the NCBTMB with the creation of their new Board Certification Exam, which will be used nationwide and represents the highest standard of certification in the field of massage therapy. For more information check out [www.ncbtmb.org/certificants/board-certification](http://www.ncbtmb.org/certificants/board-certification)