



DAPN Minutes

10-21-15

Participants

Joe Kassis

Jim Krause

Jean Cody

Matt Byanski

Pete Shehata

Kevin O'Donnel

John Elking

Don Neff

Trafton Eutsler

Jim Stamper

Paul Anslow

Richard Nuess

Dave Rosengarten

7:37am

60 sec commercials

Jean Cody of Main Massage gave this week's showcase presentation. Jean told us a little about Main Massage and some massage points:

- **Started in 1996 in massage therapy**
- **Has been massaging for 17 years**
- **Kneading & cupping is a couple of areas of massage**
- **Jean demonstrated cupping-which is great on children**
- **Packing was another massage Jean demonstrated which is done on the meatier part of the body**
- **We have 700 muscles attached to 206 bones in our bodies**
- **Lastly Jean informed us to always drink plenty of water to wash out the toxins released in our bodies after a massage**

John Elking of Floor Restore & More will be presenting his showcase on October 28th