

The following schedule is our list of NCBTMB-Approved *Online* and *In-person* Continuing Education Courses taught by **Mary Biancalana**. These courses can be taken Live, **In-Person** or via **Live ZOOM Broadcast**. (Different Certificates will be earned depending on which type of learning you take). We also have NCBTMB-approved *self-guided, pre-recorded courses* available for purchase on our site.



Visit [ChicagoTriggerPointSeminars.com](http://ChicagoTriggerPointSeminars.com) or scan the QR code to register.

*We invite you to change lives!! Learn the most amazing treatment techniques during these courses. You will be given an easy-to-follow road map to ensure positive clinical outcomes for EVERYONE you treat!! Change the way you work.*  
Questions? Call Mary Biancalana at her clinic # 773-628-7654

<b>2022 List of Courses by Muscle Health, LLC (Advanced Trigger Point Seminars)</b> <b>Mary Biancalana, Course Instructor</b>				
<b>Date</b>	<b>Time (CST)</b>	<b>Description</b>	<b>CE Hours</b>	<b>Price</b>
<b>January 2022</b>				
<b>Saturday, January 29th</b>	9am - 5pm	Foundations of Trigger Point Techniques	7	\$168
<b>February 2022</b>				
<b>Sunday February 27<sup>th</sup></b>	1pm - 5pm	Dynamic Self-Care Compression for Eliminating Trigger Points and Muscle Pain: Upper Body and Lower Body	4	\$96
<b>March 2022</b>				
<b>Monday, March 21<sup>st</sup></b>	7pm - 9pm	Foundations of Trigger Point Techniques, Introductory Material	2	FREE WEBINAR
<b>Saturday, March 26<sup>th</sup> Sunday, March 27<sup>th</sup></b>	9am - 5pm	Advanced Trigger Point Techniques for Head, Jaw, and Neck Pain	14	\$336
<b>April 2022</b>				
<b>Wednesday, April 13<sup>th</sup></b>	6pm - 8pm	How Myofascial Trigger Points Can Impact Athletic Performance: Upper Body	2	FREE WEBINAR
<b>Saturday, April 23<sup>rd</sup> Sunday, April 24<sup>th</sup></b>	9am - 5pm	Advanced Trigger Point Techniques for Shoulder, Chest, and Upper Back Pain	14	\$336
<b>May 2022</b>				
<b>Saturday, May 14<sup>th</sup> Sunday, May 15<sup>th</sup></b>	9am - 5pm	Advanced Trigger Point Techniques for Abdomen, Mid, and Low Back Pain	14	\$336

Date	Time (CST)	Description	CE Hours	Price
<b>Wednesday, May 18<sup>th</sup></b>	7pm - 9pm	How Myofascial Trigger Points Can Impact Athletic Performance: Lower Body	2	FREE WEBINAR
<b>June 2022</b>				
<b>Saturday, June 11<sup>th</sup> Sunday, June 12<sup>th</sup></b>	9am - 5pm	Advanced Trigger Point Techniques for Thigh, Knee, Lower Leg, and Foot Pain	14	\$336
<b>August 2022</b>				
<b>Saturday, August 6<sup>th</sup> Sunday, August 7<sup>th</sup></b>	9am - 5pm	Advanced Trigger Point Techniques for Arm, Elbow, Wrist, and Hand	14	\$336
<b>September 2022</b>				
<b>Saturday, September 24<sup>th</sup> Sunday, September 25<sup>th</sup></b>	9am - 5pm	Advanced Trigger Point Techniques for Buttocks and Hip Pain	14	\$336
<b>October 2022</b>				
<b>Saturday, October 22<sup>nd</sup> Sunday, October 23<sup>rd</sup></b>	9am - 5pm	Advanced Perpetuating Factors of Muscle Pain and Dysfunction	14	\$336
<b>November 2022</b>				
<b>Saturday, November 12<sup>th</sup> Sunday, November 13<sup>th</sup></b>	9am - 5pm	Advanced Muscle Range of Motion Assessment: Upper Body & Lower Body	14	\$336
<b>December 2022</b>				
<b>Saturday, December 3<sup>rd</sup></b>	9am - 5pm	Foundations of Trigger Point Techniques	7	\$168
<b>Sunday, December 4<sup>th</sup></b>	9am - 4pm	Trigger Point Techniques for Eliminating Lower Back Pain	6	\$140

- ❖ All classes are stand-alone classes and CAN BE TAKEN IN ANY ORDER.
- ❖ These classes are part of the Core Curriculum for our Trigger Point Therapist Certification Training Program.
- ❖ All classes are held in Central Standard Time, USA (CST).
- ❖ Each state has in-person or ZOOM learning CE regulations. You need to check with your state to be sure they will accept ZOOM learning for your license renewal.
- ❖ Each student will be gifted 2 FREE CE's per calendar year. We encourage you to sign up for all our free events.

**Questions? Call our clinic, Chicago Center for Myofascial Pain Relief 773-628-7654**

**Sign up for our email alerts on our website [www.ChicagoTriggerPointSeminars.com](http://www.ChicagoTriggerPointSeminars.com)**

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