



Dear Friend:

The year 2010 marks some important transitions for all of us. A big one for me is stepping into the presidency of the Massage Therapy Foundation (MTF). But an even bigger one is that our Foundation is celebrating its 20th birthday!

I invite you to celebrate this remarkable milestone with us. Our 20th Anniversary theme is a buoyant one—RISE: Research, Inspiration, Service, Education.

RESEARCH: Since its inception in 1993 the Massage Therapy Foundation has funded **36 pilot research studies** that explore the science and practice of massage. This has made a profound impact on the world of massage therapy research.

INSPIRATION: You are our inspiration. Since 1992 you have donated over **\$1,850,000** to our cause. Thank you for your investment in our future.

SERVICE: Since 1993, we have funded **65 Community Service projects** that bring the power of massage to people in need. These projects have served a multitude of populations, including seniors, children, those living with HIV/AIDS, and the homeless. You have helped to spread goodwill through the power of touch.

EDUCATION: Through our case report contests, the *International Journal of Therapeutic Massage and Bodywork* and the “Teaching Research Literacy” program, we have helped students and practitioners become more research literate. **Your thirst for knowledge is our driving force.**

The Massage Therapy Foundation creates and maintains programs that advance the profession of massage therapy through scientific research, education, and community service. Your support has made all of this possible: it simply can't happen without you. So on behalf of all massage therapists who directly and indirectly benefit from Foundation programs, I thank you with all my heart.

RISE WITH US: \$20 FOR 20

We intend to continue our important work, and we hope you will continue to support it. In that spirit, I invite you to **RISE to the occasion** with a special gift to our once-in-a-lifetime RISE Campaign. We would love to see our MTF friends donate an extra **20 for 20** this year: \$20 for our 20th Anniversary. If you are moved to invite your friends and colleagues to become donors as well, a \$20 donation honoring our 20th anniversary is a perfect introduction to the Foundation. When our regular Annual Giving Campaign rolls around in the fall and we ask for your annual contribution, I will update you on what we plan to accomplish with those additional funds. You can make your special donation online today at

www.massagetherapyfoundation.org.

Our work depends on you. We are *your* Massage Therapy Foundation. Many thanks, and all best wishes for a safe and prosperous 2010,

Ruth Werner, LMP
President