

Adventure Retreats Caregiver Trainer Nominated For AARP Purpose Prize Award

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Costa Rica School of Massage Therapy (CRSMT) in Samara Beach, Guanacaste are very proud to announce that one of their most beloved faculty members, Vickie D. Torrey, has been nominated to receive the AARP Purpose Prize Award for her innovation in the field of care giving. Part of this work includes the Adventure Retreats she offers at the CRSMT for care givers, nurses, and massage therapists. The nomination is an honor for the school and particularly for Vickie D. Torrey. Full details about the Adventure Retreats can be obtained at https://crsmt.com/continuing-education-retreat-massage-therapists/.

Beverley Giroud from CRSMT says: "We are so proud that Vickie has been nominated for the AARP Purpose Prize Award for her innovative work with caregivers. She teaches classes on Hot Stone, Intuitive, and Oncology Massage in Brazil, Costa Rica, and the US. Vickie is currently a faculty member at Costa Rica School of Massage Therapy in Samara Beach, Costa Rica where she teaches Ethics and Communications and Oncology Massage."

Vickie currently offers the Oncology Massage by the Sea Caregiver's Retreat. This is a five day retreat offered in tropical surroundings. It is targeted at bodyworkers who wish to enhance their skills and knowledge

on how to compassionately treat patients with cancer and other conditions through touch. It includes learning about simple integrative touch therapies that can also be used on the participants themselves.

"We know and honor that both bodyworkers and family caregivers provide ongoing care to others," relates Vickie. "This adventure retreat allows you to celebrate who you are; with grounding exercises, rejuvenating self-care tips, transformative quests into the core of your soul, quiet moments of deep solitude, as well as thrilling Costa Rican escapades into the beauty of this tropical wonderland."

The AARP award honors extraordinary individuals who use their life experiences to make a better future for all. Full details are available at https://www.aarp.org/about-aarp/purpose-prize/. Vickie's course, which offers 25 hours of NCBTMB approved continuous education credits and comes with no prerequisites, is a perfect example of how she meets the standards of the AARP. Her course is suitable for anybody, regardless of massage experience.

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Costa Rica School Of Massage Therapy

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