

# Career Tech Matters

by Dennis Franks • Sept. 5, 2014

Last year, Pickaway-Ross Adult Education introduced a Massage Therapy program at our Circleville campus and the program's first students will complete the program later this month.



Before they do, however, they need clinical hours, which means they need to give massages.

They gained some hours during the Ross County Fair last month, providing free hand massages to visitors who stopped by the Pickaway-Ross Building.

But they're not done.

In addition to offering free massages at the Circleville campus this month to the public, the students will provide neck and shoulder massages or hand massages to Pickaway-Ross staff members on Wednesday, Sept. 17, and Wednesday, Sept. 24, in Room 507 in Adult Education.

Jane Pedigo, who teaches the Massage Therapy program, said it's a fun way to finish the 11-month program.



Massage Therapy students Brittany Scott, front left, and Mindi Brown, far left, give hand massages to Pickaway-Ross Building visitors during the Ross County Fair last month.

While massage may have been considered a luxury in the past, it has now moved into the mainstream and is promoted for its many health benefits, Pedigo said, adding that massage can help lower blood pressure, help with diabetes and sports injuries.



Jane Pedigo

All of this is contributing to the field's growth.

According to the Bureau of Labor Statistics, massage therapy jobs will increase by 23 percent from 2012 to 2022, a faster-than-average growth.

In fact, several of Jane's students have already received job offers, despite not yet finishing the program.

Jane said a benefit for aspiring massage therapists is the variety of job opportunities available.

"You can create your own business or get hired at a spa or doctor's office," she said.

To schedule an appointment at Pickaway-Ross, call Ext. 31388. Massages will last about 10 minutes.

Also, tell your friends about the free hour-long massages at Mound Street, available from 9 a.m. to 2 p.m. on Sept. 9, 16 and 23. To make an appointment there call (740) 642-1440.

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