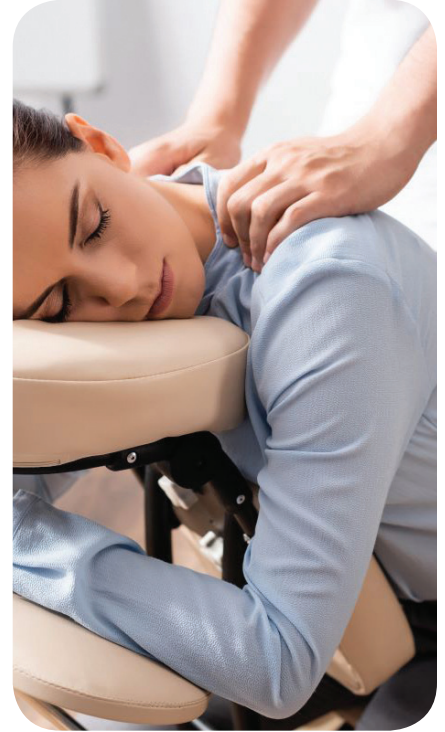




# WELL-BEING at work is profitable!



## Benefits for all

### The employee

- Stress reduction
- Energy boost
- Fortified Immune system
- Prevention of injuries caused by repetitive work (tendonitis, bursitis, back pain, etc.)

### The company

- Increased productivity
- Better concentration on the job
- Reduced absenteeism
- Better quality of life at work

## Choose your massage therapist carefully!

In Québec, massage therapy, also called massotherapy, is not regulated by the Professional Code. This means its practise is not supervised by an existing professional order. It also means that the title of massotherapist (or massage therapist) is not reserved for the exclusive use of members of a professional order. Therefore, anyone can claim to be a massotherapist. That's why we created the Certified Massage Therapist® designation.

**Founded in 1979**, the Fédération québécoise des massothérapeutes (FQM) is a professional association representing represents nearly **5,000 massage therapists®** in Québec. Our mission is to supervise our members' full qualification and to support them in their professional practice as well as to inform and protect the public.

The FQM is also the only association of massotherapists in Québec to be **ISO 9001:2015** certified for its quality management system, and to support the regulation of massotherapy by the Professional Code.

For your own well-being and safety, always choose an FQM-accredited® massotherapist.

*To find one near you, search our directory on our homepage.*

### Helpful tips

These should be a prior agreement between the company and the massage therapist to set:

- The day and place (an existing space)
- The duration of the massage (5, 10, 15 min)
- The appointment scheduling (person in charge)
- Billing (employer or insurance)
- Fill in a short health questionnaire
- The massage is given over clothing (which saves time)
- The chair massage usually mixes different techniques like Swedish massage, Shiatsu and Amma
- The massage focuses mainly on the upper back (shoulders, neck, back, arms)

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For more information, please contact

The Fédération québécoise des massothérapeutes agréés (FQM): 514 597-0505 or 1 800 363-9609  
or visit our website: [www.fqm.qc.ca](http://www.fqm.qc.ca)



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