

# Therapists

## *Our Licensed Massage Therapists*



**J**ohn Arnett has been a LMT for over 22 years, starting out in his father's chiropractic office and continuing with ActiveLife for the past 15 years. His specialty is Sports and Deep Tissue massage and also practices Pranic Healing, Color Therapy and Matrix Energetics.



**L**isa Hannahs has been a LMT for 18 years and has been with ActiveLife for over three years. She specializes in Swedish, Neuromuscular, Sports and Pregnancy massage.



**D**ebbie Henney has been a LMT for 15 years and has been with ActiveLife for over two years. She specializes in CranioSacral, Neuromuscular, Energy Integration, and Breathing therapies. She also practices Lymphatic massage and Breathing Instruction.



**T**oi Johnson has been a LMT for over two years and has been with ActiveLife for over one year. She specializes in Swedish, Deep Tissue, and Trigger Point massage and this year became certified in Stone Massage.



**L**eah Myers has been a LMT for 20 years and has been with ActiveLife for over two years. She specializes in Cayce-Reilly Swedish, Deep Tissue, and Healing Touch.

### *Therapist Hours*

John: M/T/W/F: 8 - 12 ; 2 - 5:30 pm  
Thursday: 10:30 - 1pm  
Saturday: 8 - 11:30 am

Lisa: Monday: 2 - 6pm  
Tuesday: 9 - 12 pm  
Thursday: 10:30 - 1 & 2 - 6pm  
Friday: 9 - 12pm  
Saturday: 8 - 11:30 am

Debbie: T/TH: 2 - 6pm  
Saturday: 8 - 11:30 am

Toi: Wednesday: 9 - 11am

Leah: Wed & Friday : 2 - 6pm

ActiveLife Family Chiropractic Center

[www.activelife4you.com](http://www.activelife4you.com)