



House Calls
Thursday at 4 PM Pacific
May 21st 2020: Post Pandemic Stress & Disruption

Are you experiencing what Dr. Connie calls "PPSD" or Post Pandemic Stress & Disruption? Tune in to this month's episode for tips on recovering from this time, no matter how you were affected by the pandemic. We all still have much to be grateful for. Be grateful if you didn't get infected and sick. Be grateful if you didn't lose a loved one from Covid-19. Be grateful if you didn't lose your job or your life's savings. For those of you who have suffered from personal loss, our hearts go out to you. This show will be how we ALL can recover from the aftermath of the virus: how to hea

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Featured Guest

Guest Image

Kathleen Gramzay

Kathleen Gramzay, BCTMB is the Founder and CEO of Kinessage LLC. She is a Speaker, Body/Mind Performance Expert, 20-year Board Certified Massage Therapist, National CEU Provider, Author, and Developer of Kinessage® Massage through Movement, Kinessage® Self Care for Therapists and the Kinessage® Release Your Pain Self-Care System. Kathleen taught Anatomy and Kinesiology at the Southwest Institute of Healing Arts, and her Kinessage® methods nationally to occupational, physical, and massage therapists. Spurred by the opioid epidemic, in 2015 she retired from her practice to translate Kinessage® Self-Care into a virtual system for the public and business as a holistic self-care alternative for

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