

About Laurel J. Freeman, B.A., LMT, page 1 of 1

I was born in Coulee Dam, Washington State. We moved several times & ended up in Pocatello, Idaho. I have lots of interesting memories & had plenty of adventures! My parents divorced when I was 5.

My Dad, an engineer, became a massage therapist in 1993, at the age of 72, practicing RNR™ along with several other techniques. He continues to volunteer once a week, at a local orphanage, giving chair massage to the caretakers & administrators. In 2016, at the age of 95, lives in Tamarac, FL the orphanage gave him an award for years of volunteering.

Howard & I married June 1, 1967. We continue to have fun & celebrate our togetherness! Howard is a Realtor® & is always ready to help others, including me. We laugh everyday!!! Through the years, we have experienced many things. We made the following marriage commitments agreements. We decided to:

- Stay on our honeymoon;
- Always be retired & go to work because we choose to love what we do;
- Laugh & be joyful every day;
- Be committed to each other, our family & friends;
- Finish all discussions before going to bed;
- Live in consensus:
  - Consensus is different then compromise;
  - Compromise means one gives away the power to the other;
  - Consensus means both parties can live with the outcome.

I have always been active in the community & in 1988 received a "Key" to the City of Gainesville.

Since opening my practice & becoming a licensed massage therapist in 1987, I have joined several professional massage organizations -- AMTA, FSmTA, NCBTMB & AFMTE. In 1992, I took the NCBTMB exam, passed & continue to be active. At the Chapter level of FSmTA, I volunteered for several years. To this day, when asked, I happily volunteer with these professional organizations.

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→ My Mom, became a teacher & in 1960, we moved to West Palm Beach, FL. She moved to Gainesville, FL in 2001 & resided there until she passed away at 92, in 2015. Breezy, as she loved to be called, had a very exciting life enjoying music, scrabble, bridge, walking & swimming. Did I mention she raised 3 kids?

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→ When I was 9, I mapped out how I was going to spend my life. Since then, I have been living my life, mostly according to plan. Even with a plan, life has a way of changing directions. While moving along each path, I focus on enjoying the journey! I continue to learn to go with the flow, which is why "RNR™ & staying in the moment" serves me well.

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→ I went to the University of Florida & have a Bachelor's degree in Early Childhood, as I always want to remain "young at heart"! We had 2 children, Carolyne, who now has a beautiful daughter, Bella.

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↙ Bonnie, our 2nd daughter, passed away in 1983, from ALL, a form of leukemia. In 1981, Bonnie, at the age of 10, came up with the idea that we should start a charity, "so others families would not have to go through what we were going through". **Stop Children's Cancer, Inc.** has raised millions of dollars for childhood cancer research. What most people do not realize is that cancer research in children translates up to adults, but rarely does adult cancer research translate down to children. For more info:  
[www.StopChildrensCancer.org](http://www.StopChildrensCancer.org)

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→ While with AMTA, I volunteered at both the Chapter & National levels. I had the privilege of serving & volunteering for over 21 consecutive years on subcommittees & committees, as chair of committees, plus being elected to boards & the list goes on. I believe that only we can define who we are as a profession & that takes involvement & committment.

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↙ I love being a licensed massage therapist, practicing well-being everyday & making a positive difference in the world. RNR™ & life continue to give me joy!!!