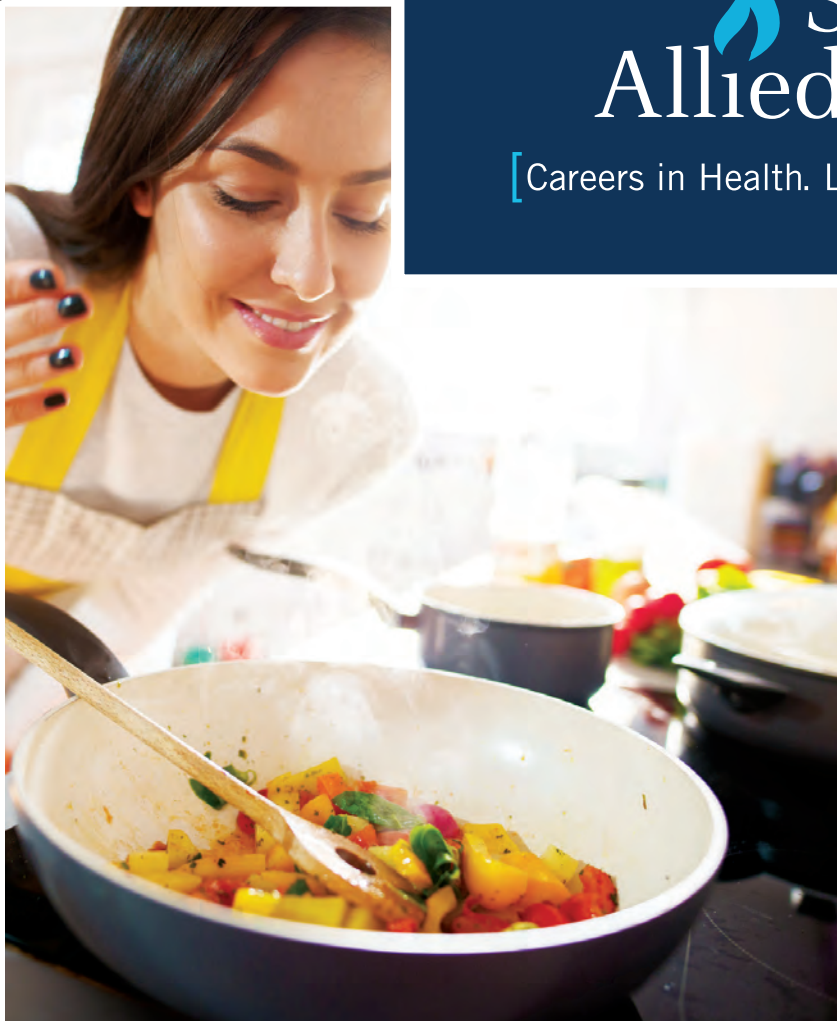




# WellSpring School of Allied Health

[Careers in Health. Lifestyles in Wellness.]





**MASSAGE THERAPY**



**FITNESS & NUTRITION**



**MEDICAL ASSISTING**

# MISSION

Our mission is to provide high quality career-oriented training within the field of health and wellness and to launch our graduates into fulfilling careers in which they help others achieve optimal health. By learning traditional forms of healthcare along with the more human-centered and holistic approach of wellness, WellSpring School of Allied Health students learn much more than a vocation; they truly become wellness professionals who are highly valued by both employers and clients.

WellSpring School of Allied Health is dedicated to excellence in education for the health and wellness field. Our sole purpose is to provide you with the curriculum, instructors, and educational facilities to help you achieve your career and personal growth goals. At WellSpring, you will learn more than technique—you will learn both the science and the art of health and wellness. You will acquire more than a certificate or diploma; you will acquire a depth of understanding about yourself and how to help others “live well.”

WellSpring School of Allied Health was founded in 1988, as the Massage Therapy Training Institute. The company was grounded in the heartfelt belief that nurturing touch could have a profound effect on the wellness of our society. Teaching the art of therapeutic massage, modeling professional integrity, and educating the public regarding the many health benefits of massage became the cornerstone of the school.

Today, the school has evolved to embrace an even broader approach to wellness, as we endeavor to create practitioners who can help clients achieve optimal health, whether it is on the massage table, in the gym, at a medical clinic or at the dining room table. WellSpring School of Allied Health is about optimal wellness, in all its dimensions.

# WHY WELLSRING?



## ESTABLISHED REPUTATION

WellSpring School of Allied Health's national accreditation, industry recognition and certifications earned over the past 32 years assures you of excellent training. We would be glad to introduce you to some of our graduates, who can tell you about their positive learning experiences at WellSpring School of Allied Health.



## FLEXIBLE SCHEDULES

WellSpring School of Allied Health offers several different scheduling options depending on the program. Our Daytime schedules allow you to complete your training by attending classes two or two and a half days per week with no evenings or weekends. Our Evening/Weekend schedule allows you to complete the training by attending classes between two and four evenings per week and possibly some weekends.



## SMALL CLASS SIZES

Our student to teacher ratio averages fewer than 16 to 1, allowing our students to get the individualized attention they need to succeed.



## PROFESSIONAL INSTRUCTIONAL STAFF

Instructors for the WellSpring School of Allied Health are selected specifically because of their scope of knowledge and their extensive experience in their field. As full-time professionals, they bring real-world experiences to the classroom. WellSpring School of Allied Health's low student/teacher ratio maximizes personal attention and success for the student.



## HEALTH & WELLNESS FOCUSED

Health and wellness has been the total focus of our school since 1988. Courses in general wellness, fitness and nutrition are integrated with career specific instruction and provide a very different learning environment. At WellSpring School of Allied Health, students learn more than technical skills; they learn the science and the art of healthier lives.



## CONTINUOUS CAREER SUPPORT

WellSpring School of Allied Health helps students discover the career niche that is just right for them, and then we help them connect with preferred employers in the area. Our career services team also works with practicing graduates to provide referrals, job leads, and extensive opportunities for continuing education. Placement assistance is available, but employment is not guaranteed.



## LIFETIME KNOWLEDGE SUPPORT

Need a refresher? Students can revisit any course they have previously taken free of charge to keep their skills and knowledge current (with administration approval).



## CONTINUOUS START DATES

Enroll in classes when it is convenient for you. Wellspring offers continuous starting dates for each program throughout the year.



# CHOOSING YOUR PASSION



Research the program you are interested in and find out everything you can to make an informed decision. Talk with our program managers or admissions representatives about your program and employment prospects.



Partner with an Admissions Representative to review your program choices and help guide you through the process. Take a tour of our facility to see all the facility has to offer.



Review our catalog to learn specifics about the program offerings at Wellspring, including program descriptions and curriculum offerings to ensure you have a good understanding of what we have to offer.



Think about your dreams, interests and hobbies. Do any of them relate to the Wellspring programs? Can you see yourself in your future career?



**DECIDING ON YOUR PROGRAM IS  
JUST THE START OF YOUR JOURNEY.**

**WELLSPRING STAFF IS HERE TO ASSIST YOU  
AS YOU EXPLORE YOUR NEXT STEPS.**



# CAREERS



## Massage Therapy Certificate or Degree

The demand for massage therapists has expanded significantly in the past ten years, and currently that demand exceeds the supply. WellSpring graduates are employed in an incredibly wide range of practice areas, including private practice, hospitals, chiropractic offices, day spas, fitness centers, wellness centers, physical therapy offices, rehabilitation centers, sports teams, and corporate offices. Statistics concerning average salaries in the area can be verified with the Department of Labor.

Because WellSpring School of Allied Health is highly regarded in the community as a high-quality career training institution, we receive many requests from potential employers wanting to hire our graduates. WellSpring School of Allied Health's career services team works with students to help them connect with employers in the area. Career assistance is available, and jobs in this field are plentiful, but employment is not guaranteed.





## Fitness & Nutrition AOS Degree

The rapid growth in the number of national health club chains and corporate fitness centers has made facilities more accessible to consumers. Both clubs and fitness enthusiasts alike have discovered the benefits of employing a personal trainer, proven by the expected growth of the profession by 8% in the next decade. As a certified personal trainer, you have a variety of work settings to choose from, such as corporations who sponsor fitness programs for their employees, spas, resorts, and even cruise ships. You can also work as an independent contractor or in a gym setting.



## Medical Assisting Certificate or Degree

As the healthcare industry expands because of technological advances in medicine and the growth and aging of the population, there will be an increased need for all healthcare workers. The increasing prevalence of certain conditions, such as obesity and diabetes, also will increase demand for healthcare services and medical assistants. Increasing use of medical assistants to allow doctors to care for more patients will further stimulate job growth.

Helping to drive job growth is the increasing number of group practices, clinics, and other healthcare facilities that need a high proportion of support personnel, particularly medical assistants who can handle both administrative and clinical duties.







**Get started  
today on your  
path to success  
by meeting with  
an admissions  
representative.**

# ADMISSIONS

## **SPEAK WITH AN ADMISSIONS REPRESENTATIVE**

Meeting with an admissions representative is the best way to get information about our programs, career opportunities, and to get a tour of the campus.

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## **FUND YOUR EDUCATION**

Meet with a financial aid representative to explore the many options to pay for your program. They will custom design a plan that will fit your personal situation.

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## **ENROLL TODAY!**

Because we have continuous start dates, there is no need to wait to get started. Once you have chosen your program and your start date, you can start working towards your dream job. Your Admissions Representative will assist you with the enrollment process.

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## **ELIGIBILITY CRITERIA:**

- ▶ be at least 18 years of age;
- ▶ be a high school graduate, have a GED, or passage of the HiSet Exam;
- ▶ submit a complete application packet;
- ▶ be physically, mentally and psychologically able to participate in massage therapy, fitness training or medical assisting profession;
- ▶ participate in an admissions interview with an Admissions Advisor; and
- ▶ pass a scholastic level exam.



# FINANCIAL AID

► **Federal Pell Grant Program** – For those who qualify, Pell Grant disbursements will be made to the school in two disbursements that occur at the beginning of each term. Students must maintain satisfactory academic progress in order to receive this funding. Aid from federal programs does not automatically continue from one award year to the next.

► **Federal Direct Loan Programs** – These low-interest loans are available to students who demonstrate eligibility. Students may qualify for either a subsidized Stafford Loan (interest does not accrue until after separation from school) or an unsubsidized Stafford Loan (interest begins accruing immediately after disbursement) or both.

► **Veterans Education Benefits** – GI BILL®

► **Scholarship Programs** – WellSpring offers a limited number of scholarships. There are scholarships available for each program. These scholarships are awarded based on the quality of submitted material and the student's need.

► **Institutional Grants** – WellSpring offers students an opportunity for institutional grants. There are institutional grants available for each program; however, the amounts are limited. These institutional grants are awarded based on student financial need and is based on several different criteria.

► **Tuition Assistance Programs** – In addition to scholarships WellSpring offers a Tuition Assistance Program for students who qualify. This program is need-based and therefore based on a student's Estimated Family Contribution (EFC) generated from the completion of the FAFSA. Tuition assistance is only available on institutional loans offered by WellSpring.

► **Institutional Loan Program** – WellSpring offers institutional loans to students who qualify. This loan is offered through the school and is not affiliated with any third parties.



Start by filling out your FAFSA today.  
<https://studentaid.ed.gov>

**WellSpring has  
many options  
to help you  
succeed.**





With health club usage at an all-time high, the benefits of working with a certified personal trainer or wellness coach is recognized now more than ever before. Successful graduates of the Fitness and Nutrition Degree Program (AOS) are prepared for careers in top health clubs, fitness centers, YMCAs and corporate facilities, as well as private practice. You will be able to offer a wide range of services which can open up additional career avenues.

The "Total Fitness Coaching Model" taught in this program gives you the skills to incorporate fitness training, nutrition counseling and lifestyle coaching into a complete package for your clients and offers services that other trainers simply aren't equipped to deliver. See how you can get a competitive edge and take your coaching services to the next level.



# FITNESS & NUTRITION DEGREE (AOS)

 **80 Weeks Day/96 Weeks Evening**

 **Campus Locations: Kansas City**

The Fitness & Nutrition Degree (AOS) provides hands-on training, practical experience and the dedicated industry support you will need to become a trusted ambassador in the health and fitness community.

This interactive program is led by fitness, nutrition, and wellness experts and will enable you to become a well-rounded comprehensive wellness professional able to help others achieve their fitness, nutrition and wellness goals. During the Fitness & Nutrition Degree (AOS) you'll learn personal training foundations, nutrition & coaching fundamentals, and much more.

As a student in this program, you'll gain extensive hands-on clinical experience at the school. You'll work with real clients to help them create change, so when you enter the professional world you will have tons of confidence after gaining real-world experience and connections before you graduate.

Upon completion, all graduates are fully prepared and eligible to sit for two national certification exams from the National Academy of Sports Medicine (NASM). After successfully passing these exams, the student would earn an Associate of Occupational Science Degree; would be designated a Certified Nutrition and Wellness Coach; a Certified Personal Trainer (CPT) and Corrective Exercise Specialist (CES). The student will also have opportunity to sit for the Behavioral Change Specialist (BCS) certification.

## PROGRAM HIGHLIGHTS:

- ▶ CPT Certification (NASM)
- ▶ CES Certification (NASM)
- ▶ Nutrition & Wellness Certification

## CURRICULUM INCLUDES:

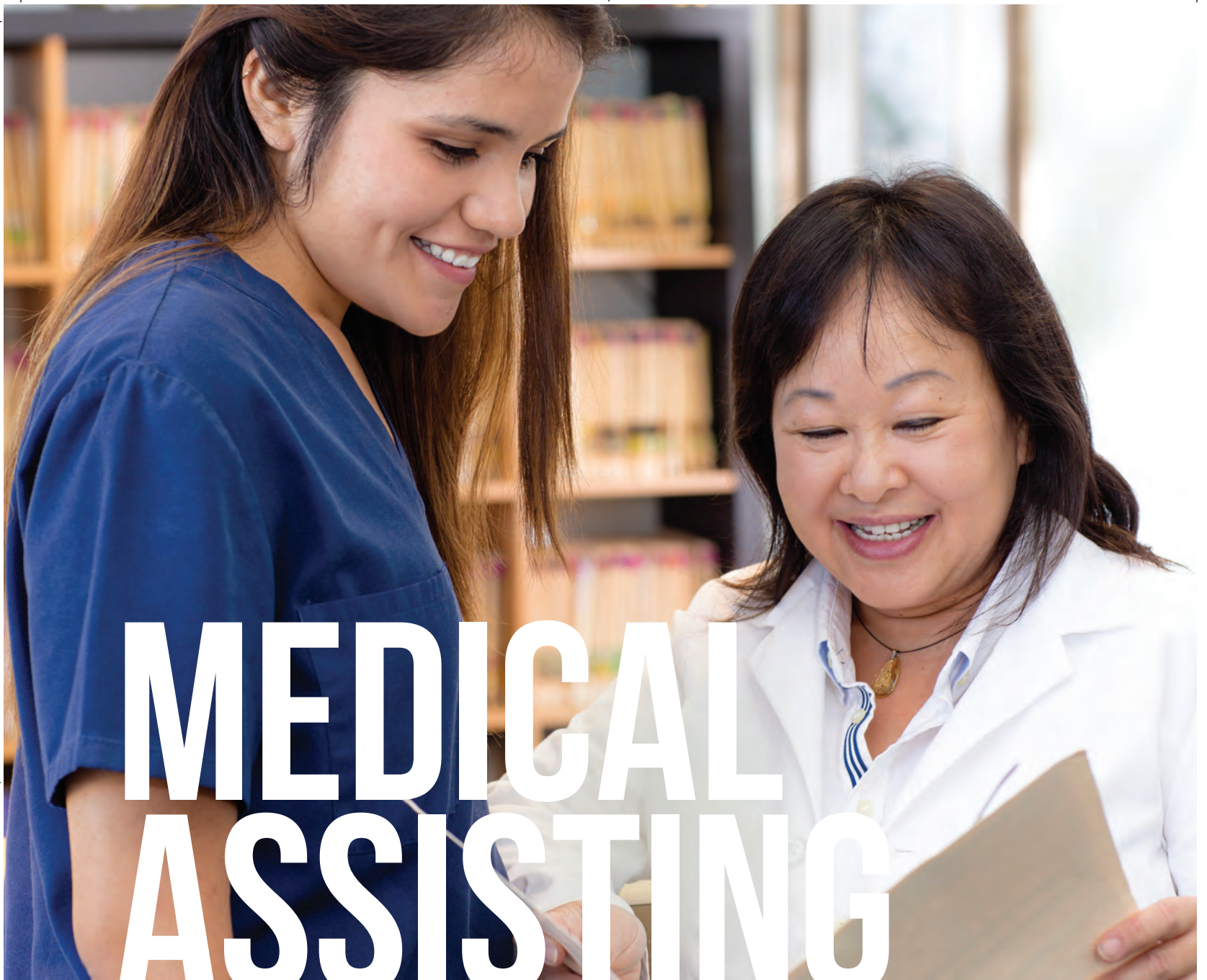
- ▶ Personal Training Foundations
- ▶ Assessment and Programming
- ▶ Special Wellness Populations & Advanced Techniques
- ▶ Corrective Exercise & Special Populations
- ▶ Nutrition & Coaching Fundamentals
- ▶ Alternative Wellness Theories & Supplement Options
- ▶ Nutrition, Disease & Analysis
- ▶ Nutrition Through Life Cycle & Culture

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## CAREER OPTIONS INCLUDE:

- ▶ Personal Trainer
- ▶ Nutrition Coach
- ▶ Wellness Coach





# MEDICAL ASSISTING

As the healthcare industry expands because of technological advances in medicine and the growth and aging of the population, there will be an increased need for all healthcare workers. The increasing prevalence of certain conditions, such as obesity and diabetes, will also increase demand for healthcare services and medical assistants. Increasing use of medical assistants which allow doctors to care for more patients will further stimulate job growth.

Helping to drive job growth is the increasing number of group practices, clinics, and other healthcare facilities that need a high number of support personnel, particularly medical assistants who can handle both administrative and clinical duties. In 2016, about 57% of medical assistants worked in offices of physicians; 15% in public and private hospitals, 9% worked in outpatient care centers, and 4 % in chiropractor offices.

As a WellSpring medical assisting student, you'll receive hands-on instruction from experienced industry professionals within an interactive and supportive learning environment. You'll also develop your skills where you'll be working directly with medical professionals during an externship in a real healthcare environment.



# MEDICAL ASSISTING DEGREE PROGRAM (AOS)

 **65 Weeks Day/104 Weeks Evening**

 **Campus Locations: Kansas City,  
Springfield, Wichita**

The medical industry has grown over the past few years and is expected to continue this growth trend for the next decade. As this happened, there was a growing demand for Medical Assistants who can also coordinate general office activities and manage other employees, in addition to being able to perform the full range of basic Medical Assisting duties.

That's why WellSpring designed this program – to prepare and train graduates to not only be fully competent MAs, but also to be able to deliver those higher-level skills that help a medical business operate effectively.

This program will equip you with the career-specific administrative and clinical skills required to keep clinics running smoothly each day. Students will also benefit from an externship as part of their training, where they will gain practical real-world experience working with clients in a real healthcare environment before graduation.

## PROGRAM HIGHLIGHTS:

- ▶ 160 Hour Externship Experience
- ▶ CMM Certification
- ▶ MA Certification
- ▶ Phlebotomy Certification

## CURRICULUM INCLUDES:

- ▶ Medical Terminology
- ▶ Anatomy & Physiology
- ▶ Patient Administration
- ▶ Cardiopulmonary Diagnostics
- ▶ Pharmacology & Injections
- ▶ Medical Procedures & Minor Surgery
- ▶ Emergency Medical Procedures
- ▶ Phlebotomy
- ▶ Medical Billing & Coding
- ▶ Clinical Office Management – budgeting, staff training, auditing performance
- ▶ Human Resource Management – managing staff, including hiring and terminating staff
- ▶ Health Information Technology – learning Electronic Health Records, both in theory and practice
- ▶ Effective Communications – patient communication, urgency, correspondence, marketing/PR





# MEDICAL ASSISTING



# MEDICAL ASSISTING CERTIFICATE PROGRAM

 **40 Weeks Day/65 Weeks Evening**

 **Campus Locations: Kansas City,  
Springfield, Wichita**

As a WellSpring medical assisting student you'll receive hands-on instruction from experienced industry professionals within an interactive and supportive learning environment. You'll also develop your skills working directly with medical professionals during an externship in a real healthcare environment.

With a blend of technical knowledge and practical real-world experience, you'll have the skills, confidence, and contacts to meet the high demand for professional Medical Assistants.

This program will equip you with the career-specific administrative and clinical skills required to keep clinics running smoothly each day.

## PROGRAM HIGHLIGHTS:

- ▶ 160 Hour Externship Experience
- ▶ MA Certification
- ▶ Phlebotomy Certification

## CURRICULUM INCLUDES:

- ▶ Medical Terminology
- ▶ Anatomy & Physiology
- ▶ Patient Administration
- ▶ Cardiopulmonary Diagnostics
- ▶ Pharmacology & Injections
- ▶ Medical Procedures & Minor Surgery
- ▶ Emergency Medical Procedures
- ▶ Phlebotomy
- ▶ Medical Billing & Coding





If you're interested in holistic healing, enjoy helping others, and are looking for a career that fits you and your life, consider a future in Massage Therapy. WellSpring offers training to match your Massage Therapy career goals. Whichever program you choose, you'll learn about the body and healing, safe and effective massage techniques, and get the skills to run your own practice.

The massage programs at WellSpring School of Allied Health provide the in-depth knowledge, technique and real-world clinical experience it takes to pursue a successful and rewarding career. You'll be helping others and making a positive change in your own life.

People are increasingly seeking guidance about how to maintain a healthier, more natural lifestyle. Our program goes beyond massage training to include basic wellness curriculum that will empower you to help others live well. As a WellSpring massage student, you receive basic training in general wellness, nutrition, and lifestyle-management skills. Students are also taught when to refer a client to a specialist in these fields. It's all part of the integrative health care model that is the foundation of the educational experience at WellSpring School of Allied Health.



# MASTER OF MASSAGE THERAPY DEGREE PROGRAM (AOS)

 **68 Weeks**

 **Campus Locations: Lawrence & Wichita**

The Massage Therapy industry has become incredibly diversified in recent years as it has moved from the spa, salon, and private club realms into hospitals, hospice centers, chiropractic offices, fitness clubs, and sports medicine and rehab centers.

As this has occurred, there has been a growing demand for training in more specialized practice areas. The Master Massage Therapist Degree (AOS) Program at WellSpring School of Allied Health offers students some of the most comprehensive and advanced training available in the industry today. The payoff... students who take this journey will have their career prospects increased dramatically. This includes access to employers who are much more selective and demanding, and who also may offer better compensation.

## PROGRAM HIGHLIGHTS:

- ▶ Extensive Internship Experience
- ▶ MBLEx Certification

## BASIC MASSAGE TRAINING

This is where students learn the basics about the practice of Massage Therapy, including:

- ▶ Foundations of Massage Therapy
- ▶ Massage Techniques in Practice
- ▶ Systemic & Kinetic Anatomy
- ▶ Pathology & Advanced Massage Techniques
- ▶ Neuromuscular Massage & Sports Massage
- ▶ Specialty Massage Techniques, like Reflexology and Older Adult
- ▶ CPR & Clinical Massage Internship

## ADVANCED MASSAGE TRAINING

- ▶ Spa Treatments
- ▶ Corrective Exercise Training
- ▶ Movement Modalities
- ▶ Cranio-Sacral Bodywork
- ▶ Energy Balancing
- ▶ Massage in a Healthcare Setting
- ▶ Oncology Massage
- ▶ Eastern Massage Techniques

A photograph of a woman lying on her back on a massage table, wearing a white towel. A female therapist with red hair, wearing a white short-sleeved shirt, is standing over her, smiling and massaging her neck. The scene is set in a dimly lit room with a window in the background showing a view of a building. The text "MASSAGE THERAPY" is overlaid in large white letters at the bottom.

# MASSAGE THERAPY



# MASSAGE THERAPY CERTIFICATE PROGRAM

 **47 Weeks/750 Hour Program**

 **Campus Locations: Kansas City & Springfield**

 **53 Weeks/800 Hour Program**

 **Campus Locations: Lawrence & Wichita**

Massage is a “hands-on” career. At WellSpring we strongly believe that’s the way it should be taught and learned. As a WellSpring massage student, you’ll receive hands-on instruction from experienced Massage Therapists within the interactive and supportive learning environment of our Kansas City, Springfield, Wichita, and Lawrence branches. You’ll also develop your skills helping actual clients during a clinical internship at the WellSpring Student Clinic. With real-world experience before you graduate, you’ll feel confident you have the expertise to thrive as you transition from student to massage professional.

Beyond technique, you’ll earn a CPR certification and learn the anatomy, pathology, practical communication and business training skills it takes to turn Massage Therapy into a rewarding career.

WellSpring’s Massage Therapy Certificate Program covers a wide range of therapeutic techniques.

## PROGRAM HIGHLIGHTS:

- ▶ Extensive Internship Experience
- ▶ MBLEx Certification

## CURRICULUM INCLUDES

- ▶ Swedish Massage
- ▶ Anatomy & Physiology
- ▶ Pathology
- ▶ Kinetic Anatomy
- ▶ Reflexology
- ▶ Hydrotherapy
- ▶ Sports Massage
- ▶ Specialty Massage, such as Older Adult and Perinatal
- ▶ Advanced Massage Techniques
- ▶ Neuromuscular Massage
- ▶ Common Medical Conditions
- ▶ Integrative Massage Techniques
- ▶ Business Practices



# WellSpring School of Allied Health

[Careers in Health. Lifestyles in Wellness.]



**WELLSPRING.EDU**

## **KANSAS CITY CAMPUS**

9140 Ward Parkway, Suite 100  
Kansas City, Missouri 64114  
816.523.9140

## **LAWRENCE CAMPUS**

947 New Hampshire  
Lawrence, Kansas 66044  
785.856.3903

## **SPRINGFIELD CAMPUS**

229 E. Commercial Street  
Springfield, Missouri 65803  
417.863.7682

## **WICHITA CAMPUS**

600 S. Tyler Road, Suite 100  
Wichita, KS 68209  
316.223.4300