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## NOW OFFERING **Massage Therapy & Acupuncture**



Nicole Kotaska, LMT

Greetings to all! I am excited to join the team at St. Francis Physical Therapy Wellness Center! I received my Associate degree in massage from Rasmussen College and have been practicing massage therapy for approximately three years. I decided on a massage career because I enjoy helping others through touch and care. When I'm not massaging I enjoy playing softball, snowboarding, watching movies, and playing with my great dane Zeus. Come get your massage today! I look forward to meeting you!



Robert Roman, M.Ac. L.Ac.

My interest in Asian medicine was sparked when I began martial arts training at the age of sixteen. This initial interest grew and ultimately inspired me to compose my thesis at Carleton College on ancient Chinese concepts of health, and later to study Traditional Chinese Medicine at the Minnesota College of Acupuncture and Oriental Medicine where I received my Master of Acupuncture degree. I am passionate about helping people achieve and maintain good health. I am interested in further exploring the relationship of Acupuncture to various Western medical modalities, including sports medicine, and how Traditional Chinese Medicine can be used not only in the treatment of injuries and illness, but also in their prevention.

*Massage Therapy*  
*Personal Training*

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