

Legislative  
Assembly  
of Ontario



Assemblée  
législative  
de l'Ontario

# Bill 164

## An Act to proclaim Massage Therapy Day

**MPP F. Gélinas**

**Private Member's Bill**

1st Reading      February 21, 2024

2nd Reading

3rd Reading

Royal Assent



## An Act to proclaim Massage Therapy Day

### Preamble

Massage therapy has been recognized for its numerous health benefits and its ability to promote relaxation, relieve stress and improve overall physical and mental well-being. Massage therapy plays an integral role in rehabilitation from injury or disease, and provides relief from the physical symptoms of depression, stress, anxiety, musculoskeletal pain and other ailments.

Registered Massage Therapists assist thousands of Ontarians to return to work from injury or illness and provide patients with a healthy, effective alternative to expensive and potentially addictive pharmaceuticals. This, in turn, can ease the burden on the publicly funded health care system.

As part of multidisciplinary health care teams, Registered Massage Therapists can work with other regulated health care professionals to ensure that their patients have the best possible outcomes.

Massage Therapy Day will serve as an occasion to promote awareness of the benefits of massage therapy, honour the work of Registered Massage Therapists, encourage individuals to explore the benefits of massage therapy and encourage others to be trained in the profession.

The objectives of Massage Therapy Day include:

1. Promoting public awareness of the health benefits of massage therapy.
2. Recognizing massage therapy's contributions to improving individuals' well-being.
3. Encouraging the integration of massage therapy as part of a holistic approach to health care and fostering collaboration between Registered Massage Therapists, other healthcare professionals and the general public.
4. Providing opportunities for individuals to learn about different massage therapy techniques and their potential benefits.
5. Increasing the recognition of Registered Massage Therapists' qualifications, training and skills.

Therefore, His Majesty, by and with the advice and consent of the Legislative Assembly of the Province of Ontario, enacts as follows:

### Massage Therapy Day

**1** The third Wednesday in October in each year is proclaimed as Massage Therapy Day.

### Commencement

**2** This Act comes into force on the day it receives Royal Assent.

### Short title

**3** The short title of this Act is the *Massage Therapy Day Act, 2024*.

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### EXPLANATORY NOTE

The Bill proclaims the third Wednesday in October in each year as Massage Therapy Day.