

The following are quotes given with permission from individuals and/or groups that Dianna Stair R.N., L.M.T. has worked with.

“Di is a truly gifted, talented, and highly respected person of character.....Someone who demonstrates genuine concern and sincere compassion for all of those with whom she interacts, treats, and counsels....I admire and highly recommend Di and the entire Stair Steps to Wellness team!”

T. David Cannon, B.S., M.A.  
RCEP, CSCS, CES  
Manager, Rehabilitation Department  
Cleveland Clinic

“I want to express my deepest satisfaction with the services provided by Dianna Stair, Stair Steps to Wellness, L.L.C. Dianna had presented several times for wellness events at O.S.U. Wooster Campus. She has trained us on muscle anatomy and massotherapy techniques, demonstrated office and home helpful stretches and performed massage therapy for our employees.”

“I have gotten to know Dianna as an excellent instructor; she brings passion and creativity to her work and presentations. Her ability to transfer her vast knowledge in the field of massage therapy so efficiently and enthusiastically to her patients is outstanding. Feedback from all of our participants has been extremely positive. I look forward to inviting Dianna back to O.S.U. Wooster Campus to conduct further training workshops and massage sessions. I can without hesitation, recommend her work to all.”

Jane E. Douglas  
OSU/OARDC Wooster, OH  
OHR Personnel Tech/Buckeye Wellness Innovator

“Dianna Stair is an amazing person and an excellent massage therapist. For more than 12 years, she has been associated with Wayne College and is always a success, resulting in many favorable comments. During this time, Dianna has conducted workshops on massage therapy techniques for relieving stress, provided neck/shoulder massages for students, faculty, and staff and is always willing to accommodate our needs with her busy schedule. Dianna’s knowledge, skills, and friendly personality make her a success with everyone here at Wayne College. I would highly recommend Dianna to anyone seeking a first-rate professional speaker and massage therapist.”

Jackie Ashbaugh, B.S., M.A.  
Coordinator of Student Activities/Assistant Lecture  
The University of Akron Wayne College  
Orrville, OH

“Dianna Stair of Stair Steps to Wellness enlightened our corporate Health and Wellness Committee last fall with a brief overview of the numerous health benefits of massage therapy. She has a wealth of knowledge on the subject and was passionate about sharing the highlights with our small group, engaging them from the outset with her dynamic approach. We are always looking forward for new and fun ways of promoting health and wellness in our company and are enthusiastic about partnering with Dianna in this endeavor. In addition, Stair Steps to Wellness has offered on-site chair massages to our employees since 2005 and garnered a loyal following of satisfied customers. I would highly recommend Dianna to anyone looking for a speaker on the topic of wellness.”

Susan Scholze  
Health and Wellness Committee  
LuK, USA LLC  
Wooster, OH

The following quotes are from members of a Military Support Group in Ohio where all branches of the military are represented. These quotes are given with permission by the individuals.

“I have been a client of Stair Steps to Wellness for several years. Dianna and Rick are awesome people and very knowledgeable. I am so glad I am a client and would recommend them.”

K. Z.-member of Military Support Group and C.S.R. for Insurance Company

“Dianna presented an enjoyable talk on stress relief and massage. I loved how she related to us as her audience and how she provided hands-on teaching. She was very informative and enjoyable to listen to that evening.”

M. L.-member of Military Support Group and an R.N.

“This Massage Therapist was just wonderful, explaining the benefits of massage. This was very helpful and I would definitely recommend her as an excellent speaker and the demonstration was awesome. Thanks.”

D. S.-member of Military Support Group

The following quotes are from Allied Health Sciences students and their instructors of programs in Oberlin, Ohio. These quotes are given with permission by the individuals.

“Dianna allowed the students to understand how meaningful and powerful the use of therapeutic touch is in our role as caregivers.”

Susan Wallace, R.N., B.S.N., M. Ed.  
Allied Health Sciences Program Instructor  
Lorain County JVS  
Oberlin, OH

“Dianna made clear how important therapeutic communication is for the health care worker.”

Holly Sofia  
Allied Health Sciences Program Lab Instructor  
Lorain County JVS  
Oberlin, OH

It was an honor and privilege to work with these young adult students of The Allied Health Sciences Program. It was exciting and awesome to hear from some of the students that shared with me their future educational goals to become our future Physicians, Surgeons, Nurses, X-Ray Techs., Lab Techs., Physical Therapists, Occupational Therapists, Respiratory Therapists, Licensed Massage Therapists, Social Workers, Medical Assistants, Home Health Aides, O.T.A.'s, P.T.A.'s and etc. Some of these students were already currently working as STNA's-state tested nursing assistants while they were in school. The students also had received a chair massage by a Licensed Massage Therapist from our group the day we were there. This was also the FIRST massage for the majority of the students!

“I liked the idea of passive touch.”

“I would recommend it to anyone who is interested in massage therapy. It was a good presentation.”

“Would recommend to a friend, presentation gave ideal information on massage therapy.”

“I liked the information, I thought it was very well explained. Most of the information will help us in the future.”

“It had a lot of information. It helped me realize a few things. I also learned a few things too.”

“I learned details about massages. The part where you said touch is everything meant a lot to me.”

“I liked the stories about the power of touch. I also liked when we got the massages.”

“It had a lot of meaningful information that we can use as time goes on or even now. The power of touch can help how comfortable someone is around you.”

“I enjoyed the talk, I also learned how to be more compassionate towards patients.”

“Very informative and helpful.”

The following quotes are from Ohio A.C.T.E. Health Science Educators in schools throughout Ohio. These quotes are given with permission from the individuals after a seminar Dianna presented to them on March 21, 2014. These educators also received a chair massage if they wished, and Dianna taught the participants simple helpful techniques that they could use at home to relieve pain from stressed/tight muscles, headache relief, and etc. For many of them, this also was their FIRST sample of a massage in their life!

These instructors are teaching our possible future Nurses, Physicians, Surgeons, S.T.N.A.'s, Radiology Techs., O.T.'s, O.T.A.'s, P.T.'s, P.T.A.'s, E.M.T.'s, Paramedics, Dentists, Dental Assistants, Dental Hygienists, Medical Assistants, Physician's Assistants, Social Workers, Healthcare Administrators, Lab Techs., Licensed Massage Therapists, Home Health Aides, Respiratory Therapists, Pharmacists, Pharmacy Techs., and etc. Dianna was excited to work with these instructors who are now going to be able to educate their students on the MANY health benefits of Massage Therapy. This will be SO HELPFUL for these future healthcare workers to be able to provide THE BEST possible care to their patients, which is our main goal as a healthcare provider!

"Yes! It was awesome...So informative! Real life situations relevant to healthcare workers. Very much so! & co-workers & my alpacas! ☺ Great personal stories. History of massage interesting. Awesome visuals (trigger points), tennis ball/sock. Thank you for the informative, energetic presentation. I appreciate you sharing your gift!"  
J.T.-WCSCC Patient Care Technology Instructor

"Absolutely! This was great. The examples were neat. Great tips on use of tennis balls, sock, etc. Really engaged audience. Great job. I could see myself in many of your examples-computer and stretching to reach the mouse, etc. Thanks Dianna! Fun!"  
P.V., R.N., B.S.N.-WCSCC- Senior Licensed Practical Nursing Instructor

"Yes! Absolutely.☺ You are very inspirational, both as a nurse and L.M.T. Hope to see you next year (3/26-3/27/15) Save the date!"  
M.Z., R.N.-CLNC Instructor

"Yes-It was good. Yes. Love the stories. Thank you for giving of your time today-You are amazing!!"  
Instructor

"Very much so! I truly enjoyed your candor and your love of people and massage shows clearly. I will pass your worksheet onto my students. I would love for you to come to Ashland County-West Holmes Career Center Sports Science and present. I will be calling you to see if you are interested."  
D.S.P. -Sports Science Instructor

"Definitely. Yes. Opened my eyes. I loved your presentation. I go to a chiropractor and found how invaluable he is. I went from 12-20 Advil per day to 3-6 every 2 weeks. You have made me consider adding a Massage Therapist to my care list. I have frequent migraines, sinus problems, etc."  
C.M.Y., R.N.-Allied Health Science Instructor

"Yes!!! Yes, Anatomy, Physiology, Health & Wellness. Interesting!"  
M.B., R.N.-NBCT Health Instructor

“Very much! Yes, will be using the pressure point information to help relieve pain in my husband’s wrist! Computer geek!”

K.V.-Dental Assisting Instructor

“Yes! Yes, I have been dealing with bone spurs @ L1 & L5 and no one suggested massotherapy. I will be looking into this.”

A.K.-CPhT Instructor

“Yes. Yes. Tennis balls good idea! Love Massage!”

Instructor

“Yes. Yes. Very nice presentation. Enjoyed brief massage.”

Instructor

“I enjoyed it very much. My husband has terrible migraines for more than 20 years. Will try massage after today.”

Instructor

“Yes. Yes. Very knowledgeable & Informative.”

Instructor

“Yes, Very Engaging! Mini Massage😊”

Instructor

“Yes. Very helpful-great ideas! I wish I lived closer so that I could come to your office.”

😊P.D.-Health Academy Instructor

“Yes! 😊 Yes! 😊 Thank you soooo much! I really appreciate your kindness. Loved the massage & teaching.”

K.B., R.N. –Health Technology Instructor

“Yes, definitely. Yes. Very educational, while learning and laughing.”

Instructor

“Oh Yes! Oh Yes! Will you come back next year?”

K.T.-Instructor