



# Volunteer Spotlight

## Meet **Quinn O'Leary** Volunteer Massage Therapist, LBFE Counseling Services *by Louise Anderson, Director of Counseling*



*Quinn O'Leary* is no newcomer to volunteering. For six years she was a volunteer with the Minnesota AIDS Project, providing massage to clients with HIV-AIDS, as well as with Project Hope, a program serving female prisoners.

LBFE recently expanded its counseling efforts from the traditional one-on-one counseling to a more multidimensional approach, which includes massage therapy, pet therapy, group therapy, and music therapy. Since August 2007, O'Leary has volunteered to provide free massages for LBFE counseling participants who are experiencing anxiety.

Born, raised, and educated in Minnesota, O'Leary chose nursing as a career. She is a licensed practical nurse, and is currently a urology nurse at a Park Nicollet clinic. Her interest in massage therapy began fifteen years ago, and so she extended her nursing knowledge and training to include massage therapy.

After being away from the volunteer arena for awhile, O'Leary missed her volunteering activities. Since joining LBFE, she says "It feels good to give back (volunteering)."

Although nursing and massage therapy are definitely among her pleasures, O'Leary's first love (after her husband, Bob Carolus) is her Shih Tzu, Cooper. O'Leary also finds time to enjoy gardening, international travel, cooking, and biking. And she notes that she is "a passionate liberal and loves to argue politics."

LBFE is pleased to have O'Leary as an important part of our Counseling Services, and we thank her for her compassion and volunteer spirit.

### **Quinn's Massage Studio**

When not volunteering for LBFE, Quinn O'Leary practices massage therapy out of her studio, conveniently located in southwest Minneapolis near the intersection of 50<sup>th</sup> and France Ave. Call for rates or an appointment: **612.926.6916**