Know your representative and senator. To find yours, go to <https://legislature.maine.gov/senate/find-your-state-senator/9392>, and http://legislature.maine.gov/house/house/MemberProfiles/ListAlpha

* You may leave a message for your legislator during session by calling a toll free number. If you would like a return call, please include your name and phone number in your message.
* To reach your Representative:  
  **1-800-423-2900**TTY - please use Maine Relay 711
* To reach your Senator:  
  **1-800-423-6900**TTY - please use Maine Relay 711
* If you wish to speak to a member of the staff, you may call the Office of the Clerk at 207-287-1400 or the Office of the Secretary of the Senate at 207-287-1540.

The Legislature convenes for its first regular session on the first Wednesday of December, following the general election. The statutory adjournment date for the first regular session is the third Wednesday in June. The second regular session begins on the first Wednesday after the first Tuesday of January in the subsequent even-numbered year, and has a statutory adjournment date of the third Wednesday in April.

To meet your representative or senator or their aide, remember to dress professionally, speak clearly, take notes, provide business card, brochure, and position paper to leave with them, and follow-up with email or call thanking them for their time. Women could wear a dress or nice slacks and blazer. Men could wear suit and tie. Avoid jeans, flip flops, low-cut tops, or shorts when meeting representative, senator or their aides.

**Talking points:**

Introduce yourself.

Wording added to massage law to help limit untrained practitioners, prevent injuries from untrained people practicing massage, help limit human trafficking using massage terminology. Only talk about human trafficking issues if the legislators bring it up. So, be prepared in case this happens.

Educate them on how certain health conditions have contraindications, and untrained practitioners could harm or injure these consumers. Educate them on the number of hours required for trained massage therapists to obtain a license to practice massage, 500 in our state.

Follow-up with brief email or call on a regular basis this session.

**Basic layout of a position paper:**

Your name

Your address/contact info

The date

RE: bill number or subject of what letter is about

Name & title of who the letter is being sent to

The body- write a paragraph or two on your position- use one argument per position paper

Always keep to only one page position paper

Conclusion – ask for action that you would like them to take

Sign your paper

Enclosure – add this below your signature if you are enclosing material