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Regional Director
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UNIVERSITY OF MONTANA

Missoula Regional SBDC

A Balanced Body

Missoula, MT



"I would not have been able to successfully complete the online applications for the business adaptability and business stabilization grants on my own. Jordan also answered questions and clarified the process to apply for those two grants."
Rose Stoudt, *Owner*

Rose Stoudt always knew what she wanted to do. She was drawn towards the medical field and was in the process of completing her PT studies when she got too sick to continue. Wanting to stay in the medical field and needing to find another way to train Rose decided to follow the path into massage therapy. Wanting to do more manual medicine, Rose began seeking an osteopathic doctor to study with that allowed her to learn at her own pace while she recovered from her illness. Rose opened A Balanced Body and is now a licensed massage therapist specializing in biodynamic craniosacral therapy. When COVID hit, A Balanced Body was hit too, and Rose turned to the Missoula SBDC for help.

In need of funds to sustain her business and not feeling very "business savvy" in terms of accounting and management, Rose approached the Missoula SBDC for assistance in applying for two state of Montana grant programs made available through the Cares Act. The Missoula SBDC helped Rose apply online for the Montana Business Adaptability Grant from the Montana Department of Commerce and the Business Stabilization Grant through the Montana Department of Natural Resources and Conservation. Jordan Stordahl, Missoula SBDC Business Advisor, assisted Rose through the process of preparing the required documentation for her application including the itemized spreadsheets required to apply.

Because of the assistance of the Missoula SBDC, Rose was able to acquire Business Stabilization and Adaptability Grants to remain open. Receiving the Stabilization Grant allowed Rose to continue paying monthly bills and to purchase large quantities of PPE items for herself and clients. Additionally, the Adaptability Grant allowed Rose to make updates to her business which helped her continue to see clients safely. Primarily working with individuals suffering from chronic pain, structural and postural issues, injuries, and individuals who are pre-and post-surgery, Rose was able to continue her essential service for clients.