Deborah Hledik

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Healing & Learning Center
13 Nason Street, Maynard, Ma 01754
www.explorepathwaystowellness.com

Objective/Goal:

Educate clients about their anatomy, body mechanics and emotional patterns that get "stuck" in the physical body. Teach self-care techniques. Working with a variety of clients, children to elderly. Focusing on acute and chronic pain & self-maintenance.

Professional Experience

Explore Pathways to Wellness, Healing and Learning Center	1988 - Present
Owner, sole practitioner, private Massage Therapy practice, Maynard, MA	
Core Movement Integration Training Institute, Maynard, MA	
Instructor of seminars/weekly classes to practitioners and the public.	2008 - Present
Oncology Massage	2006 - Present
Hospice	2001
Miracle of the Breath teacher of classes	1994 - Present
Elderly Care/Live in- Car Accident Rehabilitation	1993
William's Chiropractic Center	1985-1990

Certifications and Trainings

-Core Integration Training Institute, 500 hr. training program	2008 to Present
-American Massage Therapy Continuing Education	1988- Present
- Massage for the Performing Arts (prevent & treatment of performance related injuries)	1988
-Bancroft School of Massage Therapy, Worcester, MA	1987-1988
-Pranic Energy Healing Institute, Level 4, Decorah, IA	1989-1996
-Integrated Awareness Technique, Downers Grove, IL	1989

Professional Membership

American Massage Therapy Association	1988 - Present
Massachusetts Massage Therapy License 2572	1988 - Present
Core Movement Integration Training Institute	2008 - Present
American Red Cross CPR Adult, Child, First Aid & AED Certified	1988 -Present
Maynard Business Alliance	2011 - Present

Volunteer Experience

Boston Marathon post race Disable Athlete/VIP Runners	1988 - Present
AMTA Community Service Massage Team, Disaster Readiness	2010
Numerous Community Events, Hospital Wellness Event	1988 - Present
Educational Demonstration for high school sport team	
MA Region 4A, Medical Reserve Corps, emergency team	2008 - Present