

Shari L. Aldrich, LMT
2330 Mottman Road SW #106, Tumwater WA 98512
360-520-2942
shari@bodymechanics-school.com

Accomplishments

- Graduate of Bodymechanics School of Myotherapy & Massage in 2006 and became the owner in 2010 when the former owner closed the school due to the economy.
- Grew the school from completely shut down to 2 campuses for massage therapy and graduate about 150 students per year.
- Academic partnership with the National Academy of Sports Medicine (NASM) offering 2 levels of personal training in Tumwater location.
- Developed and launched the Bodymechanics Institute – a done-for-you massage school program.

Professional Experiences

Licensed Massage Therapist - Olympia, WA, Current

- Graduate of Bodymechanics School of Myotherapy and Massage, Olympia WA, March 2006

Owner: Bodymechanics School of Myotherapy & Massage, July 2010 - current

- Massage and Personal Training vocational education
- Campuses in Tumwater and Vancouver, Washington

Owner: Integrative Health Clinic

Owner: Bodymechanics Institute

Owner: High 4 Marketing for Massage

Podcast: Movement4Life

Director of Communications & Information Systems-Assured Home & Hospice, Centralia WA
1999-2006

HIPAA Privacy & Security Officer – Assured Home Health & Hospice, Centralia WA 1996-2006

Board of Directors – Visiting Nurse Foundation

Skills

Microsoft Suite of Software programs, Office Alley, Web Site (Word Press) development

Program development, Vision setting

Continuing education provider

Internet Marketing and SEO

Recruitment

Instructor – Pathology & Treatment, Clinical Business Practices

Education

Bodymechanics School of Myotherapy & Massage- Olympia WA
Continuing Education Courses including: Injury Treatment, Integrated Neuromuscular Techniques,
Cadaver Dissection Lab, Intra Oral Endorsement, Soft Tissue Release, Business and Ethics
Western Washington University-Bellingham WA
Centralia High School-Centralia WA

References

Available upon request