

David J Meredith, CMT, CBT
Professional Massage Therapist & Holistic Lifestyle Coach
PO Box 22, Wood-Ridge, NJ 07075
(201-939-7212)

Education & Certifications :

- 1983 -Informal introduction began to Eastern Philosophy, QiGong, & Meditation through Martial Arts Training
- 1986 - Graduated Rutherford High School
- 1987 - Informal Introduction began in Eastern Massage (Shiatsu) through Martial Arts Training
- 1990 -Began exploring different Metaphysical &. Holistic disciplines including Therapeutic Touch, Hatha Yoga, Breathwork, etc.
- March 1995 - Completed 500 hour apprenticeship program at the New Jersey School of Massage
Trained in Shiatsu, Swedish Massage, Reflexology, Deep Tissue Therapies,
Marketing, Ethics, etc.
- Accepted as Certified level member Associated Bodywork & Massage Professionals Org.
- Continued informal training in Massage Therapy, Sports Massage & Deep Tissue Bodywork
- June 1997 - Certified in HIV & Cancer Massage at the Healing Hands Institute For Massage Therapy
- April 2001 - Completed a 554 hour Bodywork training including a 120 hour course in
Anatomy & Physiology at North Jersey Massage Training Center
- December 2001 - Certified in Bodywork for Trauma Victims & Disaster Survivors at the Institute
for Therapeutic Massage
- May 2003 - Certified in Neuromuscular & Deep Tissue Therapies by the Institute For Integrative
Healthcare Studies
- Completed course in Medical Massage with Ross Turchaninov, MD at the North
Jersey Massage Training Center

Employment & Projects

1993 to 1997 - Instructed Adult & Children Martial Arts classes at Mountain View Martial Arts (Now known as Hua Mountain Kung Fu)

1995 to 1997 - Started part-time Massage & Bodywork practice at Mountain View Martial Arts.

1995 to 1997 - Employed part time at The Third Day Natural Foods Store & Deli

January 1997 to present - Opened American Eastern Wellness Center and began full time Massage & Bodywork practice.

June 1997 to present - Volunteered bodywork services at the Relay For Life fund raising event for the American Cancer Society.

November 1999 to June 2004 – On staff at the North Jersey Massage Training Center as Director of the Student Intern Clinic Program.

November 2000 to present - Contracted by the professional Sports Massage Therapy staff working with the Setan Hall Pirates basketball & track teams.

March 2001 to March 2002 - During a temporary project, Dave's clinic director duties at North Jersey Massage Training Center expanded to supervise massage interns at U.M.D.N.J (University Hospital) in Newark working with in-patients and medical staff until the school program came to a close.

April 2001 to April 2003 – Employed by the Complementary Therapy department at Saint Mary Hospital in Hoboken NJ as a Massage therapist specializing in Bodywork for Hudson County patients living with HIV.

September 11th ,2001 - Volunteered bodywork services at the Port Authority Police Command Post at the World Trade Center / Ground Zero until it's closing and months later at the Lincoln Tunnel P.A.P, Headquarters.

April 2004 to February 2005 – Accepted temporary position as School Director and Lead Massage & Clinical Bodywork Instructor at The North Jersey Massage Training Center

Presently Dave works with private clients and groups.

References : (Phone numbers and additional references can be furnished upon request)

Juan B. Grau, M.D.

Assistant Professor of Surgery - Cardiovascular & Thoracic Surgery New York University School of Medicine Dr. Grau is a client of Dave's since 2003.

Ellen Dufficy

Nurse Consultant - Ryan White Title IV Project

Ellen has been Dave's principle contact and continues to oversee his volunteer work at "Family Day", the yearly HIV community event held at Robert Wood Johnson, Clinical Academic Building in New Brunzwick, NJ

Lisa Catlan

Lisa is the former Grant Administrator at St. Mary Hospital. Lisa left St. Mary to become the temporary Director of Community Health Promotion at Bayonne Medical Center where Dave continues to do events, classes and services. Lisa is now the Director Of Residential Services in the Mental Health Department at Jersey City Medical Center.

Mary Stone

Mary is the current director of "Community Crossings", a Health Promotion and outreach facility at Bayonne Medical Center where she continues to hire Dave for events, classes and services.

Vernon Burkhard

Hudson County HIV Consumer Counsel & Project Hugs

Vernon co-wrote the original Ryan White grant for the HIV Complementary Therapies program in Hudson County. He continues to call on Dave for volunteer& contracted work with the council and Project Hugs.

Dominick Varsolione

A Nurse Practitioner and founder/director of the Positive Connections HIV support groups that meet in Hackensack, Union City, and Newark, Dominick is a client of Dave's. He co-wrote the original Ryan White grant for the HIV Complementary Therapies program in Hudson County and continues to call on Dave for volunteer& contracted work with the group.

Larry Heisler, MA, RMT

School Director & Founder of the North Jersey Massage Training Center Dave's former employer and first formal Massage instructor.

Ralph Caraglia, LMT

Former instructor of the Sports Massage Program at the Healing Hands Institute for Massage Therapy and Director of the Sports Massage Team working with the Setan Hall Pirates - Former director of the Massage Spa at the Short Hills Hilton

Linda A. Trulio, RN

Linda, Registered Nurse and State Commander of the Disabled American Veterans Auxiliary of New Jersey, has been a client of Dave's since 1995.

Bergen County Detective Melissa Sabino

Melissa has been a client since 1995.

Ret. Harrison Police Chief Joseph Malley
Joe has been one of Dave's clients since 1998

Gregory Pinney
Greg is the owner and chief instructor of Hua Mountain Kung Fu, formerly Mountain View Martial Arts. Greg has been Dave's primary martial arts instructor for the last 9 years. It was at Greg's school where Dave taught classes and first opened his part-time Massage practice.

Linda Smolen
Former Chairman of "Relay for Life", The American Cancer Society's signature event. Linda has been a client of Dave's as well as coordinator of his volunteer massage work at the "Relay for Life" cancer fund drives for over 6 years.

Linda Decina
Dave's part-time employer when he worked at the Third Day health food store while he built his Massage practice. Linda and her husband are also Massage clients of Dave.

Joseph Rosolen
Joe is the vegetarian chef at the Third Day and a certified Hatha Yoga instructor from the Integral Yoga Institute. Joe taught yoga at Dave's American Eastern Wellness Center. Joe is also a massage client.

Claire Diab
Clair is the owner and chief instructor of the American Yoga Academy. A.Y.A. certifies Yoga instructors and therapists. Claire is a professional associate of Dave's as well as a Massage client.

Dr. Dan Mariano
Dave was a patient of Dr Mariano's. Since opening his practice, Dave & Dr Mariano have referred patients.

Dr. Dale Fairchild
Dr Fairchild was a client of Dave's while he worked from her office in Waldwick for a time before going to work at Saint Mary Hospital.

Dr. Domonic Frio
After moving AEWC from Carlstadt, Dave worked temporarily out of Dr. Frio's office in Lyndhurst while looking for a new office.

Ann Marie Bomhof, CMT
Ann Marie was the coordinator of the Volunteer Massage & Bodywork Team working with the Port Authority Police at ground zero. Ann Marie & Dave have worked together frequently since 9/11.

Dr. Jeff Burrowes
Jeff was part of the Volunteer Chiropractic Team working with the PAPD. Dr Burrowes worked beside Dave at Ground Zero & The Lincoln Tunnel.

Dr. Joseph T. Johnson
Joe & Dave met at Ground Zero. Dr Johnson and his wife are clients of Dave. Joe's office is in Rutherford where Dave has been contracted for massage services.

Port Authority Police Officer Barry Pikaard
Port Authority Police Officer Celeste Holloway
Port Authority Police Officer Greg Franklin
Port Authority Police Officer John Zultanlay
Port Authority Police Officer Tim Dailey