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Professional Experience

- Former Health Care, Compliance Officer, and Trial Attorney
- Certified Personal Trainer and Certified Health Nutritionist
- Nivati Corporate Wellness Virtual Fitness and Health Nutritionist Provider
- Castle Connolly Private Health Partners, LLC - Affinity Partner
- Former Personal Training and Pilates Studio Owner (Personal Best Training Center)
- Expert Contributing Writer: *Martha Stewart, AARP, Vitamin Shoppe, Eat This Not That, Men's Journal and Consumer Health*
- Independent Author: *Soul Trainer*
- Health, Wellness and Fitness Entrepreneur
- Health Advocate for 'Special People with Special Needs'

Fit-Pro Express: Certified Personal Trainer and Certified Health Nutritionist (2000-Present)

- Work extensively with medical, complimentary and wellness professionals to develop a coordinated and comprehensive holistic health approach to working with clients in-person and remotely.

Nivati Corporate Wellness: Virtual Fitness and Health Nutritionist Provider (2022-Present)

- Virtual Fitness Professional and Health Nutritionist for Nivati's Virtual Wellness Team. Establish virtual training, group wellness workshops, nutritional coaching, and programming for Nivati's corporate wellness Members.

Owner/Operator Personal Best Training and Pilates Center, Garwood, NJ (2000-2018)

- Owner/Operator of a professional, boutique Personal Training and Pilates studio specializing in personal training, Pilates, nutrition counseling, wellness, and active lifestyle workshops, committed to creating long-term health and wellness program solutions to support medical, health and holistic professionals and the local community.

Legal Counsel (1989-2000)

- Former health, corporate compliance and hospital law counsel to Horizon Blue Cross and Blue Shield of New Jersey, Newark Beth Israel Medical Center, and private practice.

Education

- Seton Hall University, School of Law - Newark, New Jersey (Juris Doctoris)
- Rutgers - The State University - New Brunswick, New Jersey (B.A.)