

# Sheri Leister

**Certified Massage Therapist  
Patch and Kelley Fitness Centers**



## Philosophy

Being part of a military family, I have a very personal understanding of the need to de-stress and unwind. The physical and mental aspects of our everyday lives can take a toll on our bodies. It is very fulfilling to be able to offer massage therapy to help relieve pain, restore balance and improve overall wellness. I believe that the benefits of massage are positively reflected in our personal well-being, as well as our family and professional lives.

## Education

**Pittsburgh School of Massage Therapy  
Diploma, 2012**

**Robert Morris University  
Business Administration**

## Current Certifications

**NCBTMB Board Certified Massage Therapist  
CPR/First Aid/AED**