

Jenifer Tyson

**Licensed Massage Therapist
Patch/Panzer Fitness centers**



Philosophy

I believe in taking care of the body.

As a lifelong fitness lover and clean eating advocate, I have learned that these two components are only part of the equation to maintaining overall health. Your body and mind also need rest! Through a variety of massage techniques, I can help ease the tension that your body takes on from everyday stresses, while giving the mind a moment of peace and quiet.

Whether you are looking for relief of sore muscles, need some kinks worked out, or just seeking some "me" time, I will create a session that will leave you feeling more relaxed, flexible, and calm.

Education

**Montgomery School of Bodywork & Massage 2018
Certificate of Completion- 700 Hour Massage Therapy Program**

Current Certifications

**Alabama Board of Massage Therapy Licensed Massage Therapist
CPR/First Aid/AED**