

Laura Abbott, MS, LMT
PH: (404) 413-8376

SUMMARY OF QUALIFICATIONS

Education

Massage Therapy – Oct. 2000, Academy of Somatic Healing Arts, Atlanta Georgia. Concentration and certifications in Swedish, Sports, and Neuromuscular Therapy. 700 hours

Masters of Science in Sports Medicine – 1988, Georgia State University, Atlanta Georgia. Concentration in Athletic Training.

Bachelor of Science in Exercise Science – 1987, Georgia State University, Atlanta Georgia.

Awards/Honors

- **Ladies Home Journal* – quote in November 2000 Issue
- *Featured Speaker – *Speaking of Women's Health Expo*, Oct. 2000, 2001
- *Consultant/Trainer – Federal Law Enforcement, Local Fire/Police Departments
- *Board of Directors – Georgia Association for Cardiac Rehabilitation, 1995-97
- *CNN Presentation – March 1995 – Atlanta Georgia. “Arthritis and Exercise”
- *Speaker – May 1994 – Georgia Association for Cardiac Rehabilitation, Jekyll Island, Georgia. “Arthritis and the Cardiac Rehabilitation Patient”
- *Speaker – May 1993 – National American College of Sports Medicine Conference, Seattle Washington. “Arthritis & Exercise – The PACE Program”
- *Speaker – 1989 to present for the National Arthritis Foundation
- *Listed in *Who's Who Among American Colleges and Universities* – 1988
- *Omicron Delta Kappa National Leadership Honors Society – 1988
- *Dean's List – 1988
- *National Collegiate Women's Athletic Award – 1987 & 1988
- *United States Achievement Academic All-American – 1987

Publications

*Massage Therapy Review: Passing the NCETMB and NCETM –McGraw-Hill, February 2007, 2nd Ed. 2010

*Certifications/
Organizations*

- *GSU College of Education Alumni Association Board Member: 2014
- *MUSCLES Student Organization Advisor 2012 to present
- *Licensed Massage Therapist – January 2007
- *National Certification for Therapeutic Massage and Bodyworkers – certified March 2003
- *Lymphatic Drainage Level I – Upledger Institute – June 2001
- *ACSM Health/Fitness Director – certified 1993
- *ACSM Health/Fitness Instructor – certified 1989
- *Arthritis Self Help Instructor – Arthritis Foundation – certified 1990
- *PACE Instructor – certified 1989
- *Pregnancy Exercise Instructor – DeKalb Medical Center – certified 1988
- *Senior Exercise Instructor – DeKalb Medical Center – certified 1988
- *STEP Aerobics Instructor – certified 1988

EMPLOYMENT HISTORY

- Jan. 2012 to Present **Full Time Clinical Instructor**, Georgia State University, Atlanta GA
- Jan. 2002 to Dec 2011 **Part Time Instructor**, Georgia State University, Atlanta Georgia
- April 2002 to Aug. 2005 **Instructor of Massage Therapy**, Georgia Medical Institute, Jonesboro Georgia
- Aug. 1997 – July 2002 **Fitness Coordinator**, WellStar Health Systems, Marietta Georgia
- Sept. 1994- Present **National Trainer/Educator**, Exercise ETC, Inc. Ft. Lauderdale Fl.
- Feb. 1991 – Nov. 1996 **Regional Wellness/Fitness Consultant**, US Public Health Services, SE Headquarters
- Jan. 1991 to Present **Owner & President**, Premier Performance, Inc., Atlanta Georgia
1988 – 1991 **Senior Exercise Physiologist**, DeKalb Medical Center, Decatur Georgia