



The Annex Wellness & Fitness Center Announces New Hire

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The Annex Wellness & Fitness Center in N. Merrick, New York, has announced the addition of Alison Dillon to their staff. The center recently hired Dillon to provide instruction on health and wellness including weight loss and personal training.

Alison Dillon received her Bachelor's Degree in Exercise Science from Hofstra University in 2015. She is a Certified Personal Trainer through the American College of Sports Medicine (ACSM) and CPR/AED certified with an additional interest in nutrition. She graduated from the Institute for Integrative Nutrition as a Certified Health Coach in 2013. Alison also has background experience in physical therapy and functional training.

She interned as a student from February 2015 to May 2015 and was employed August 2015 as an Exercise Specialist and Health Coach where she personally trains individuals in health and wellness, weight loss, and also trains patients with orthopedic limitations.

In her spare time Alison enjoys hobbies that include running, resistance training, and Pilates. She also enjoys spending time with family and friends and has an active involvement with fundraising events such as Breast

Cancer Walks and Cycle for Survival.

Dr. Jamie Rockwin, founder of the center, stated, "We're excited to have Alison as part of our team, and we're looking forward to providing continued service to our patients with her by our side."

The Annex Wellness & Fitness Center was established by Dr. Rockwin in March 2011, and has since expanded to twice its size. "We continue to grow as a team," states Dr. Jamie Rockwin. "We continue to pledge to exemplify the same values we shared when we started, and we continue to provide our clients with the utmost in care, individualized care that meets each specific need."

The Annex Wellness & Fitness Center offers a number of physical therapy, nutrition, wellness, and massage therapy services. Specialized services include therapy for TMJ, Pilates instruction, back education and spinal stabilization training, sports rehabilitation and disease specific services related to osteoporosis and multiple sclerosis, among others.

More about The Annex Wellness & Fitness Center, including a complete list of the services that they provide, staff information, and other topics related to insurance and patient needs, can be seen on their official site or on their Facebook page.

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For more information about The Annex Wellness & Fitness Center, contact the company here: The Annex Wellness & Fitness Center Jamie Rockwin (516) 623-4386 jrockwin@therapeuticsolutionspt.com 1757 Merrick Ave, Suite 100N. Merrick, NY 11566

The Annex Wellness & Fitness Center

Our programs are developed for individuals with pre-existing injuries and for those who wish to have or require supervised exercises.

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