

## **Renee M. Allen**

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### **WORK EXPERIENCE:**

***The Wellness Institute*** *Harbor Springs, Michigan 1998 - 2012*  
***Owner***

- 14 Years' experience of owning and managing a successful health care business
- Doubled revenue of business in first two years
- Successfully created new business markets
- Experience creating a non-profit business entity/ grant writing
- Hiring and training of staff
- The ability to take any task necessary and figure out a way to get the job done
- Treadmill technician and nutritional and exercise consultant

***Burns Clinic Executive Health Clinic*** *Harbor Springs, Michigan 1990 - 1998*  
***Program Director***

- Expert lecturer on topics of disease management and complementary medicine.
- Maintained OSHA and Clia regulations.
- Responsible for operational management and facility management.
- Coordinated practice schedule for five physician colleagues.
- Coordinated staffing and training of employees.
- Produced business marketing plan.
- Direct sales experience through trade show exhibiting and telemarketing.
- Development of program from start to completion.
- Maintained a balanced budget with profitable net gain during eight years as program director.
- Nutritional counseling and health education counseling skills.

***Therapeutic Massage*** *Petoskey, Michigan 1992 - Present*  
***Business Owner***

- Certified massage therapist through Health Enrichment Center, Lapeer, Michigan.
- On call therapist for weekend work at Boyne Highlands Resort; 1992 - present.
- Direct client care with massage, energy balancing, and movement therapy techniques.
- Numerous CEU's in disease prevention and complimentary medicine; 1990 - present.

***The Fitness and Rehabilitation Center*** *Traverse City, Michigan 1987 - 1990*  
***Manager***

- Responsible for facility and operational management.
- Coordinated employee staffing and training.
- 30% increase in membership during management and improved membership retention through member incentive programs.

- Produced marketing campaigns.
- Direct sales experience with membership campaigns.

***The Cardiovascular Institute                      Kalamazoo, Michigan                      1987***  
***Supervisor, Cardiac Rehab***

- Responsible for start up of new rehab center for team of eight cardiologists.
- Certified ACLS (advanced cardiac life support).
- Certified basic and advanced ECG.
- Treadmill technician.

***Ronnigen Research    Vicksburg, Michigan                      1986***  
***Wellness Coordinator***

- Responsible for onsite employee wellness program - 150 employees.
- Created educational programs in primary and secondary prevention.
- Created employee incentive programs for healthful living.
- Weight training and fitness programming instructor.

**EDUCATION**

***B.S. Health Education and Recreation,***                      Western Michigan University 1983

***Minor: Holistic Health***

***M.A. Exercise Science,***                      Western Michigan University 1985

***Graduate Assistant - 1985.***                      Teaching experience in physical education, bio-mechanics, physiology labs at Western Michigan University.

**Collegiate Scholarship Athlete: Basketball**

**Graduate Student at Michigan State University 2009-2012**

**Completion of class requirements for M.S. in Community, Agriculture, Recreation, and Resource Studies 2011. Thesis Defense June 2013.**