

PROFILE



A Touchmark® affiliate

Health & Fitness Club

Enriching your life

Licensed Massage Therapist

LeiLani Haack

Education: Bachelor's degree, University Studies from the University of Mary in Bismarck, North Dakota. Associate's degree, Occupational Sciences in Massage Therapy from Boulder College of Massage Therapy in Boulder, Colorado.

Prior to bringing my practice to Waterford, I worked in a spa setting as well as alongside chiropractors, acupuncturists, nurse practitioners, and occupational therapists.

Certifications: National certification for therapeutic massage, first aid and CPR certifications from the American Heart Association.

Specialties: Swedish/relaxation massage, neuromuscular therapy and deep-tissue massage.

Personal interests: Spending time with my husband and son, family, and friends; reading; taking pictures; and walking outdoors.

Personal quote: Each person is an individual, and I vary my techniques according to a person's needs.

Fitness philosophy: I believe that integrating massage into one's lifestyle gives the body the ability to help heal itself.

Hours

Tuesday: 8:30am – 5 pm

Wednesday: Noon – 7 pm

Thursday: 8:30am – 5 pm

Friday: 8:30am – 5 pm

To schedule an appointment, please call 701-355-1280

Waterford Health & Fitness Club

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WaterfordBismarck.com/WBND-Health-and-Fitness-Club.htm

