

Patricia Kravits

Licensed Massage Therapist

Background

Tricia moved to the Tampa Bay area from New Jersey in 1991. There she had a career in Graphic Design and Art Direction. In Florida, she continued working as a designer in the tourism and events industry.

Education/ Experience

Tricia received an Associates Degree in Graphic Design from Centenary College in New Jersey. She then continued her education at Pratt Institute in Brooklyn, NY where she received her Bachelors Degree in Art Direction. As an Art Director she work for several years producing numerous magazines in NY, NJ as well as Pennsylvania.

In 2002 Tricia attended the Humanities Center for Massage Therapy where she received training in Neuromuscular Therapy, Trigger Point therapy, Myofacial Release as well as Muscle Energy Techniques.

Tricia joined the Fit For Life team in March of 2003 while also continuing her training working in a chiropractic office. In addition, she was volunteering her time at Bon Secours Maria Manor where she worked with Alzheimer's patients utilizing massage therapy to calm the effects of "Sundowning" caused by this illness.

Massage Therapy

In her work here at Fit for Life she assists her clients in change postural dysfunctions that lead to pain and poor health. In this environment clients can achieve the ultimate goal of not only being pain free but also maintaining balance and independence to live a full and productive life.

