



The AAMS wants to thank the fantastic Wellness Practitioners who participated in our Professional Healthcare Wellness Symposium by providing group classes or individual treatments. Each practitioner was terrific, and their expertise was very valuable. We are including their contact information below so you can contact them to continue caring for your body and mind.

Tsolag Kazandjian, DC, Chiropractor and Acupuncturist



Dr. Kazandjian is a Chiropractic and licensed Acupuncturist and the founder of Sol Spine and Injury, which has been serving the communities of Burbank and Glendale since 2007, with a current focus on the diagnosis, treatment, and management of acute injuries from auto collisions, occupation, and sports. Dr. Kazandjian regularly assists patients with improving wellness, athletic performance, and chronic pain, alongside providing seminars and educational events on the role of acupuncture in injury improvement.

[Contact Dr. Kazandjian](#)

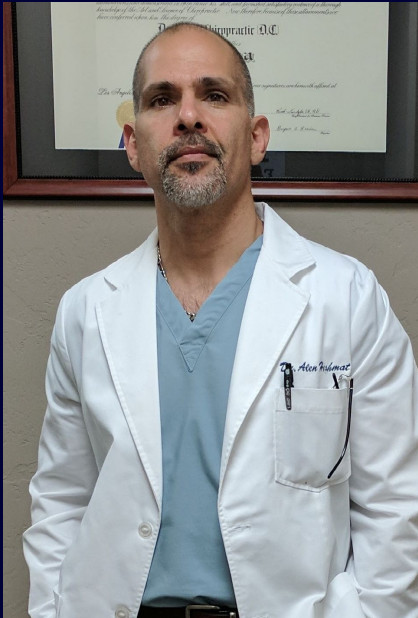
Nicholas Tavoukjian, MS, ATC, CSCS, TSAC-F, PhD, Candidate in Rehabilitation and Movement Science



Nicholas Tavoukjian is a certified athletic trainer with 10+ years of injury prevention, rehabilitation, and strength and conditioning experience. He is a PhD candidate in rehabilitation and movement science at Azusa Pacific University (APU) and works as an adjunct professor in APU's Department of Kinesiology. He specializes in developmental kinesiology and human performance, and is focusing his doctoral work on the physical literacy of children in Armenia. Nick is the founding CEO of the Armenian American Sports Medicine Coalition, a non-profit organization dedicated to building sports medicine, exercise science, and rehabilitation capacity in Armenia and Artsakh.

[Contact Dr. Tavoukjian](#)

Alen Heshmat, DC, Certified in Electro Acuscope and Myopulse Techniques



Dr. Alen Heshmat is a doctor of chiropractic specializing in nerve, muscle, and joint issues, with a focus on preventative care, immediate pain relief techniques, and providing permanent wellness solutions to patients through personalized and customized treatments. Dr. Heshmat is certified in electro Acuscope and Myopulse Techniques, and provides chiropractic services, sports medicine, and treatment for headaches, shoulder pain, lower back pain, neck pain, extremity pain, and sports injury treatments at the Heshmat Pain Management Clinic in Glendale, California.

[Contact Dr. Heshmat](#)

Zepure Kouyoumdjian - Urban Zen Integrative Therapist



Zepure Kouyoumdjian is a Yogaworks 500 Hour certified instructor, Urban Zen Integrative Therapist, and Reiki Master practitioner and coach. She has been practicing yoga since 2005 and teaching since 2014.

She takes us through an "Urban Zen Integrative Therapy," which combines gentle movements with breath awareness, body awareness meditation, and the use of essential oils, reiki healing hands, and restorative postures.

Contact Zepure at 818.836.2346

Chutney Berry - Kundalini Yoga / Meditation Instructor



Chutney Berry has been practicing and teaching yoga for 27 years, helping clients achieve higher consciousness.

Chutney's background includes meditation teaching at UCLA's Neuroscience department during clinical trials targeting the effects of meditation on dementia, memory loss, and Alzheimer's, and teaching on the use of meditation and yoga to address mental stress and imbalances.

Contact Chutney at 818.383.5184

Scott Roberdeu - Massage Therapist



Scott Roberdeau C.M.G./L.M.T. has over 20 years of experience providing therapeutic massage that optimizes health, manages pain and facilitates emotional and physical healing for his clients. Scott's technique embraces a range of healing modalities intuitively customized to the needs of each client, drawing on a range of bodywork techniques to assist clients with pain relief through massages that include therapeutic massages and Swedish massages.

Contact Scott at 760.333.3120

Antigua Samuelson - Certified Personal and Group Exercise Trainer



National Academy of Sports Medicine certified personal trainer, Antigua Samuelson, will walk us through a range of stress relief exercises. Samuelson holds over eight years of training experience in self defense and martial arts, including Muay Thai, Jiu-Jitsu, Kung Fu, Boxing, Judo, and Wrestling.

In addition to competing and regularly winning Muay Thai competitions, she teaches group kickboxing and HIIT courses to clients across the nation.

Contact Antigua at 323.919.7722

Jessica Estrada - Massage Therapist



Jessica Estrada is a licensed massage therapist. She specializes in helping clients manage chronic pain, recover from injuries, and reduce stress through a range of massage modalities including Swedish massage, deep tissue, sports massage, lymphatic drainage, aromatherapy, and trigger point therapy. She also incorporates techniques such as myofascial release, craniosacral therapy, acupressure, and stretching to create customized treatment plans. Estrada is also a certified Ayurvedic Lifestyle Coach, providing personalized Ayurvedic diet and nutrition plans to help clients achieve a healthy lifestyle through natural and organic products.

Contact Jessica at 951.399.9983

Paul Wirth - Certified Advanced Rolfer®



Certified Advanced Rolfer® Paul Wirth is a practitioner of manual therapy and movement education. His work incorporates his background in rolfing alongside osteopathic manual manipulation and Tai Chi to engage the structural and functional organization of the body and to help his clients at his practice, Mosaic Bodywork, establish efficient posture and movement patterns, relieve pain, and address joint and structural dysfunctions.

Contact Paul at 213.378.3623