

Heidi McLean is the Licensed Massage Therapist at Effective Chiropractic Health and Wellness Center.

Heidi grew up in Severna Park and graduated from SPHS in 1997. She then attended Anne Arundel Community College. After earning an Associate degree in general studies with a concentration in medical assisting she began working full-time for a physicians group in Annapolis. At that time, Heidi also transferred to the University of Baltimore and attended weekend classes in order to earn her Bachelors degree in Health Systems Management. Additionally, she took on teaching clinical medical assisting at AACC in the evenings and amazingly found time to meet Tim, her husband, while enjoying crabs in Annapolis during the month of July.

After graduation she was offered a faculty position at AACC in the Allied Health department and managed the medical assisting program for several years. Around the same time she got married, adopted two dogs, relocated to PA for her husband's employment promotion and had two daughters.

Shortly after the birth of their second daughter, Heidi and her husband moved back to MD to be closer to family and she decided to complete her massage training. Heidi has been receiving massage, chiropractic and acupuncture for over 10 years, so she knew she would enjoy sharing the news that holistic treatments and massage would help others as it had her. She is proficient in multiple modalities and has advanced training in sports, prenatal, hot stone, aromatherapy and reflexology. Heidi most enjoys helping patients reach their individual health goals.

Heidi is a member of the American Association of Massage Therapists and is also nationally certified and state licensed to provide massage and bodywork. In order to maintain her license and certifications she must complete 24 continuing education credits every two years. Heidi accomplishes this by taking classes, attending MD chapter AMTA meetings and going to the National or State conference every other year.

Heidi's children, Breeana, 5, and Addison, 4, as well as Meesha and Sasha, her Weimaraners keep her very busy. Both of her daughters attend Pre-kindergarten at Indian Creek School in Crownsville. Meesha and Sasha attend doggie day care at Happy Tails Pet Resort also in Crownsville. She enjoys spending time with her family and friends as well as reading and swimming.

Heidi's future plans include: continue to enhance her massage knowledge, laugh more, stress less and just enjoy each day!

Special thanks to Drs. Hardnett and Tarjick and the talented staff for welcoming me so warmly. I look forward to a fun and successful future at Effective Chiropractic Health and Wellness Center.