

Nike Roach, MS, CPT, LMBT grew to understand the benefits of MASSAGE THERAPY while stationed in Europe in 1991. As a medic in the army he was often faced with situations where stress was a key obstacle in accomplishing the objective. Many times he was asked to conduct massage therapy on soldiers to relieve tension, pain, and trauma associated with stress. Since his military experience, Nike has been an avid supporter and promoter of integrative health in and around the North Carolina community and opened 6th Sense Wellness Center in 1997. Nike specializes in sports massage, prenatal, acupressure, Thai massage and is a personal trainer.

Nike has trained for wholistic health in Europe, Asia, and the United States in a variety therapeutic modalities. He also holds a B.S. in Exercise Science from Winston-Salem State University and a M.S. in Sports Studies focusing on sport performance from High Point University. Nike has been a personal trainer in Winston-Salem since 1999 and has experience working for the YWCA, Wake Forest University Baptist Medical Center, Department of Family and Community Medicine (Weight Management Program) and has also trained individuals privately. Nike is a member of the American Massage Therapy Association, past member of the National Strength and Conditioning Association, Director of the 6th Sense Foundation, Board member for the Winston-Salem Chamber Of Commerce, Business Advisory Council for Health Fields at Good Will Industries of North West North Carolina and Eagle Resourcing Network Charity Links

6th Sense Health and Wellness Center was founded in Forsyth County in 1997 provides prevention care using massage therapy, acupuncture, nutrition counseling, fitness training and herb has been promoting natural health in the region since inception. The wellness center is active in the local civic and business community including the Winston Salem Chamber of Commerce.

Our mission is to help our clients recover from the effects of stress, injuries and body pains using natural methods. We offer effective pathways for optimizing health, maximizing life and preventing disease. From our unique methods of evaluating your current status of health to our comprehensive natural therapies, 6th Sense clients understand our desire to create real health and wellness by respecting their dignity, honoring their search for help, and putting their wellness needs first in all that we do.

http://www2.journalnow.com/business/2009/jul/28/a-business-model-fitness-entrepreneur-says-hethin-ar-151709/

Welcome to Sixth Sense Health & Wellness Center of Winston-Salem. http://www.6ths.com/