

Paulette Thomas, LMT

Since 1972 Paulette has been instrumental in promoting and producing community based events such as health and wellness fairs, family days, and energy awareness. She has also served as a Phonics Instructor, at the elementary school level. Paulette was a volunteer for the Special Olympics and became a board member of The People with Disabilities Act for Equal Rights where she assisted in ensuring that people with disabilities had equal representation in the community and work force, and they developed the necessary work skills to obtain competitive employment. At Alternatives to Violence, a domestic violence agency she worked as a "Women's Advocate", monitoring family court. As an advocate for abused women, she developed and conducted workshops for battered women, using role play to assist her clients in building their self-esteem, self-empowerment and goal setting. In Hawaii, she was an advocate for The Hawaiian Sovereignty Movement and The LGBT Same-Sex Marriage Project.

In 1997 Paulette graduated, and received her License as a Massage Therapist. In 1998, she established Nubian Ohana a holistic massage practice, specializing in acute and chronic care, addressing the concerns and wellness of seniors and youth.

Currently as Vice-President in charge of program outreach and development for HarlemYes, Inc. she has been instrumental in the development, promotion, and implementation of the company's workshops and networking events.