



PRINT

Designing effective print & editorial materials, and taking them from concept to delivery.



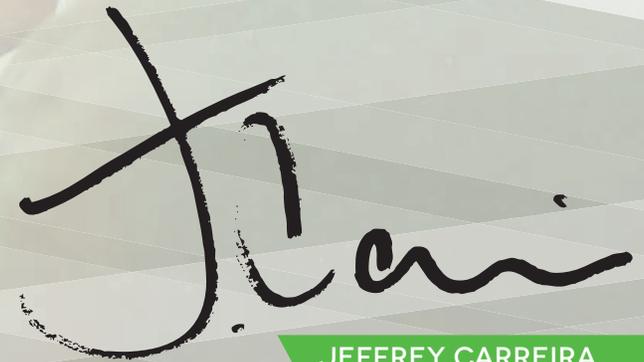
WEB

Specializing in front-end web design and Wordpress development with an emphasis on responsive design.



IDENTITY

Concept and create your identity to communicate your brand message clearly to your audience.



JEFFREY CARREIRA

401.952.9079

401.305.3349

cla6ixdesign.com

jcarreira@cla6ixdesign.com

EXPERIENCE

CLA6IX DESIGN LLC PAWTUCKET, RI

FREELANCE DESIGNER 08/09 – PRESENT

Maintain client relationships with businesses, agencies and in-house departments with responsibilities in all aspects of production and design. Responsibilities include production, cover design, editorial design, advertisement design, proofing, marketing materials (print, identity, online & social media), design/maintenance of multiple websites and specializing in Wordpress development.

ONE BRADFORD BRISTOL, RI

GRAPHIC DESIGNER 06/2012 – PRESENT

Work directly with the Managing Director in developing design solutions including identity, web, print, editorial, production and social media. One Bradford is a division of East Bay Newspapers.

TRIMED MEDIA GROUP PROVIDENCE, RI

SENIOR DESIGNER 09/2011–03/2012

Work closely with art director to conceptualize, design, and oversee production of marketing materials relating to the publications including: e-newsletters, digital magazines, e-promotions, invitations, postcards, newsletters/direct-mail pieces, large-format signage, exhibit booth graphics, print advertising, and PowerPoint slideshows. As well as design and production of magazines, including; template set-up, editorial design.

PROVIDENCE BUSINESS NEWS PROVIDENCE, RI

GRAPHIC DESIGNER 04/08–09/2011

Work directly with inside and outside sales staff, customers and printers to design and alter print and online advertisements for outside and in-house marketing materials. Responsible for layout and design of weekly newspaper and special sections along with updating website weekly with stories of each issue.

DOMINION HOMES MEDIA NORFOLK, VA

KEY ACCOUNT DESIGNER/ART DEPARTMENT COORDINATOR 06/01 – 02/08

Responsible for designing and altering print advertisements for assigned accounts requiring special attention. Also designing front covers and spec ads to attract potential clients; working directly with inside and outside sales staff, customers and printers to produce special projects and single advertiser magazines. Also responsible for coordinating all 4-color advertisements for over 40 different magazines and prepare files for press. Also responsible for being the after hours printer contact to handle any problems they might encounter.

EDUCATION

GIBBS COLLEGE PROVIDENCE, RI

2001 Certificate in Visual Communications

SOFTWARE

STRONG SKILLS in Photoshop, Illustrator, InDesign, Quark XPress, Wordpress, HTML, CSS

KNOWLEDGEABLE in Microsoft Office, JQuery, Flash, PHP, Final Cut pro, Premiere, After Effects, Drupal, Joomla

**Portfolio available upon request and references available at www.linkedin.com/in/jeffreycarreira



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Fibromyalgia

Symptoms & Solutions

Submitted by **Riverside Rehabilitation**

"Fibromyalgia" literally means pain in the muscles and fibrous tissue. According to the American College of Rheumatology, fibromyalgia affects 3 to 6 million Americans. Experts do not consider it a progressive disorder, which means it will not get worse over time.

"Fibromyalgia" (also known as fibrositis or muscular rheumatism) literally means "pain in the muscles and fibrous tissue." In addition to muscle pain, individuals with fibromyalgia often have difficulty sleeping with subsequent chronic fatigue and irritable bowel. This disease is seen most often in middle-aged women but can strike older and younger males and females. According to the American College of Rheumatology, fibromyalgia affects 3 to 6 million Americans. Experts do not consider it a progressive disorder, which means it will not get worse over time. It is a chronic condition, which means that there will be times when the patient's symptoms are less severe, however, if they leave the condition untreated, and with continued stresses, symptoms will worsen. Chronic also means that patients will have to deal with this ailment for the rest of their lives. You can easily see how fibromyalgia can impair a person's quality of life and how it often leads to depression.

Physicians first recognized fibromyalgia as

a disease in and of itself in the 1980's. Since then, more physicians (typically internists, rheumatologists and pain management specialists) are able to diagnose it, but it is not easy to diagnose. Because there is symptomatic overlap with other illnesses, there is no specific laboratory test or body scan that conclusively proves that a person has fibromyalgia. To diagnose it, physicians consider all the symptoms, thoroughly examine the patient, review their health history and perform a test in which they apply pressure to 18 specific points on the patient's body to judge their pain response. There is no way to prevent fibromyalgia, but researchers have several theories about what triggers the disease. Some believe that certain people have a genetic predisposition to it. Others believe that physical or emotional stress or a heightened response to pain may bring on fibromyalgia in some people. It may be associated with changes in muscle metabolism, such as decreased blood flow,

causing fatigue and decreased strength. Still others believe an infectious agent such as a virus may trigger the syndrome in susceptible people, but they have not been able to identify this infectious agent. In general, treatments for fibromyalgia include both medication and self-care. The emphasis is on minimizing symptoms and improving general health. Exercise may be one of the best things the patient can do. But if you have trouble getting motivated to exercise, imagine what it's like for those individuals who suffer from fibromyalgia! When physicians advise these patients to make an appointment with a physical therapist, they may have doubts about their ability to participate in any exercise program. Once they make it through the clinic door, it is the physical therapist's responsibility to encourage them to take an active role in their care. When evaluating a patient diagnosed with fibromyalgia, the therapist will carefully consider the patient's past medical history. This is

especially important to the senior individual where a history of arthritis, heart disease, diabetes and orthopedic problems may complicate their care. Arthritis and orthopedic problems can cause joint pain in addition to the soft tissue pain from fibromyalgia and diabetes can cause muscle weakness and impaired sensation, which the therapist must address. Heart disease and chronic lung disease may affect the patient's tolerance to exercise. In the senior patient, it is also important to consider the patient's home environment. Is the home environment architecturally safe or are there many stairs and obstacles? Does the patient have family or social support when needed? If indicated, the physical therapist may refer the patient to an occupational therapist or recommend a social service provider.

The physical therapy program will most likely include gentle aerobic exercise with proper breathing techniques, stretching and strengthening exercises for the trunk, upper and lower extremities and balance exercises. Therapy may also include a comfortable sitting or standing workout on a stationary bike or treadmill. Aquatic exercise in a therapeutic pool is often very helpful as well. The warm water is soothing and the buoyancy allows patients to perform exercises they could not comfortably perform on land. The therapist will also instruct the patient in the correct way to move in daily activities to prevent injury.

The patient should provide feedback to get the most out of their therapy sessions. Each patient's response to therapy is different, but all fibromyalgia patients will benefit to some degree in relieving pain, stress and sleep disturbance. The length of therapy varies greatly. Some patients may need close care and monitoring for several months, others may need only a few visits for education and a home exercise program. It is imperative that the patient continues with a home exercise program throughout their lifetime to maintain mobility and to aid in pain control. The more involved the patient is in their treatment the more they will feel in control of the situation and the better they will be able to deal with the symptoms on a daily basis.

For more information, please contact **Riverside Rehabilitation at 800-514-3878.**



Visit your doctor *anywhere* then **Come Home** for Comprehensive, Personalized Outpatient Care at Riverside Rehabilitation

- Physical Therapy
- Occupational Therapy
- Certified Hand Therapy
- Aquatic Therapy
- Speech Therapy including Vital Stim®



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800-517-3422 NEPA
Or visit www.riversider rehab.com
to find the location nearest you.

THE OFFICIAL
GOLFING GUIDE
SUMMER/FALL 2013

LEHIGH VALLEY & POCONOS
Golf Trail

GREAT BEAR GOLF CLUB

ALSO INSIDE: Local Services, Map, Directory & more
www.lvpgolfing.com



Senior Style
A GUIDE TO LIVING WELL 55+

THE POCONO
Where to Book

Steckel

STECKEL PUBLICATIONS

Print production of three magazines responsibilities including advertising, editorial and web design and maintenance. To view most recent issues or visit the websites seniorstylenow.com, poconoliving.net & lvpgolfing.com

HOME OUR PROJECTS SERVICES FREE RESOURCES ABOUT US MARKETING TIPS

LET US *Guide* YOU TO YOUR **TRUE NORTH**

TRUE NORTH ADVERTISING & MARKETING works with small and Medium sized businesses to communicate their clear, defined message to their target audience

PRINT DESIGN WEB DESIGN IDENTITY DESIGN EMAIL MARKETING SOCIAL MEDIA PUBLISHING CREATION MARKS

FEATURED PROJECTS

POCONO MAP 2014

Get your business on the Map!

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RECENT NEWS

3 Most Important Reasons YOU Should be LinkedIn

I know you are busy running your business or managing your career. Do you really have the time and energy to put in to another social network? LinkedIn is not ...
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Telling Stories to Bring in Business

By Rick Grant We like to think we're rational beings, that we make our decisions based on a logic-based approach to the facts. That would make us very smart, but ...
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4 Tips For Creating Offers That Drive Response

By Andrea Trower, True North Advertising & Marketing Coupon redemption is on the rise, increasing up to 17% from two years ago. Coupon offers can not only bring in new, ...
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5 Simple Techniques To Engaging The Senior Market

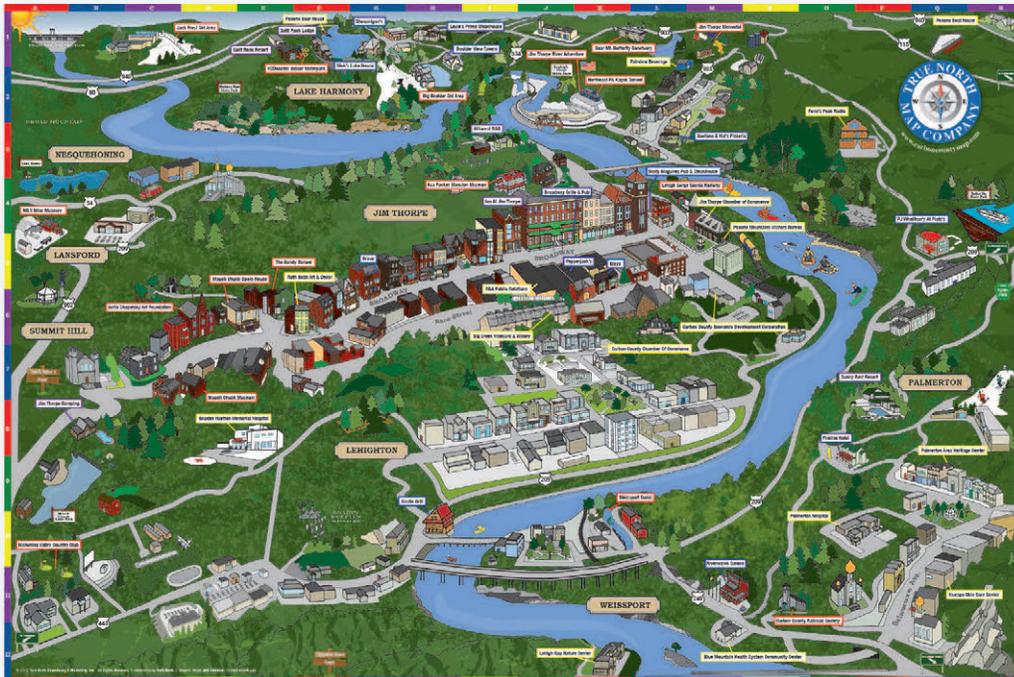
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The 50+ households control over 41% of all discretionary income and compose 1/3 of the population...yet the ad industry still only gears 10% of ads towards 50+ customers.

Is it possible the advertising industry doesn't know how to engage this audience? Are they stuck on viewing the 18 to 24 year old market, unable to reach seniors? Focusing on the market segment as a shift to a market that is more likely to respond to your marketing message. Email businesses catering to this growing market who all understand how to both reach and better work with 50+ consumers. It's not enough to simply show them your product or service; businesses need to engage this audience and illustrate how the offered products and services will benefit their life. Modern marketing to seniors needs to be carefully reexamined. They have earned the view, fun time or their life. Marketers have the unique opportunity of showing them what they can do with it.

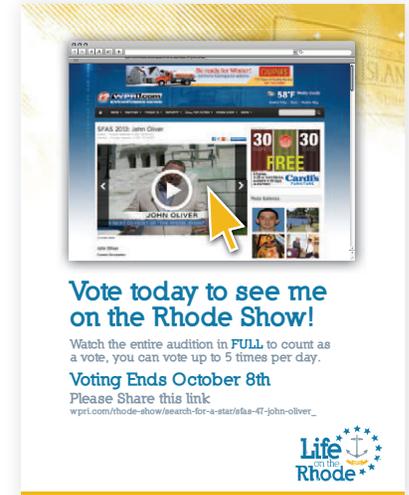
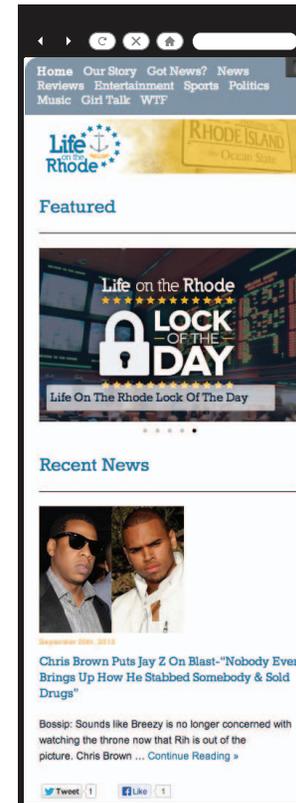
5 SIMPLE TECHNIQUES To Engaging The Senior Market



Traci

TRUE NORTH ADVERTISING

Responsible for print/web design with focus on Wordpress powered custom sites and code alterations for all True North clients as well as in-house marketing including media kits, brochures and landing pages.



John Oliver

LIFEONTERHODE.COM

Identity, marketing material design as well as a custom Wordpress powered responsive blog.



A handwritten signature in black ink that reads 'Jean'.

D'AMOUR STEP

Responsible for design of marketing materials and other design needs including annual reports, identity and web design for non-profit.



Travis

WORLD SOCCER DAILY

Responsible for design of t-shirt line for satellite/internet radio show.

PBN.com PROVIDENCE BUSINESS NEWS

RHODE ISLAND
INNOVATION AWARDS 2008

In partnership with:
RIEDC
Rhode Island Economic Development Corporation
tech collective
driving innovation

Sponsored by:
AVTECH **COX Business** **BRIDGE PLAZA SCIENCE & TECHNOLOGY** **Roger Williams University**

BEST PLACES TO Work
IN RHODE ISLAND
2010

PBN.com PROVIDENCE BUSINESS NEWS

Please Join Providence Business News
As We Honor The 2010 Winners

Thursday, June 10, 2010 at the Crowne Plaza Hotel
Warwick - Rhode Island

★★★★

PBN.com PROVIDENCE BUSINESS NEWS

2010 Best Places to Work Dinner & Awards Ceremony

CROWNE PLAZA
801 Greenwich Ave • Warwick • RI • 02886

Thursday, June 10, 2010
5:30 p.m. - 8:00 p.m.

For reservations, visit the events page at PBN.com or email Events@PBN.com.
Tables \$950. Individual tickets \$95.

★★★★

SPONSORED BY:

AARP **COX Business** **PANNONE LOTES DEVEREAUX & WESTLUC** **TUFTS Health Plan** **USI**

PBN

Responsible for production, print, editorial, in-house marketing material and web banner design.

MPX CLOUD

What is MPX Cloud? How it Works Benefits Partners Company Sign Up

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Watch a short video from our CEO

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MPX Cloud organizes and categorizes all of your parts purchases into our integrated online platform giving you the power and tools to maximize uptime and provide smarter, faster and more cost-effective service.

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eBusiness solutions to transform your service organization.

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MPX Cloud organizes and categorizes all of your parts purchases into our integrated online platform giving you the power and tools to maximize uptime and provide smarter, faster and more cost-effective service.

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Subject: Email Design by Jeffrey Carreira
Date: April 6, 2013
To: email@emailaddress.com

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View a demo at RSNA 2012 & receive a free Starbucks giftcard. Booth #1002, Lakeside Center. When you view a demo, a link to purchase your giftcard will appear below.

eBusiness solutions to transform your service organization.

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MPX Cloud organizes and categorizes all of your parts purchases into our integrated online platform giving you the power and tools to maximize uptime and provide smarter, faster and more cost-effective service.

Why you'll love...
MPX CLOUD

- Free for buyer accounts
- One place to easily manage and track all parts activity
- Direct purchasing and multivendor sourcing from suppliers (no brokers or auctions)
- Historical reporting and analytics tools
- Integration with your CMIS

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PARTS SOURCING PURCHASING BUSINESS INTELLIGENCE DATA INTEGRATION

eBusiness solutions to transform your service organization.

- Free buyer accounts
- Analytics to help maximize uptime
- Increased efficiency & cost savings
- Speed, security & scalability

Jeffrey Carreira

MPX CLOUD

Responsible for the design of marketing materials, email promotions, landing page, web banner and front end web design.

From: email@emailaddress.com
 Subject: Email Design by Jeffrey Carreira
 Date: April 6, 2013
 To: email@emailaddress.com

CMIO LEADERSHIP FORUM
 Transforming Healthcare through Evidence-Based Medicine
 October 3-5 | Chicago

Meet the Speakers
 The CMIO Leadership Forum is an interactive event where you can freely share ideas, discover best practices, and identify strategies for positioning your organization to survive and thrive in an era of evidence-based medicine. Our top-level speaker line up will provide practical advice and success stories on integrating clinical IT and evidence into medical practice, engaging physicians and patients and enabling more cost-effective healthcare. Meet them here and join us in Chicago!

KEYNOTE SPEAKERS:

David A. Kessler, MD
 Former FDA Commissioner, University of California San Francisco, San Francisco, CA

Farzad Mostafaei, MD, ScM
 National Coordinator for Health Information Services, Washington, DC

PROGRAM CHAIRS:

Michael S. Blum, MD
 Chief, University of California San Francisco

Peter C. Wyer, MD
 Chief of the Section on Evidence-Based Health Care, National Institutes of Health

SPEAKERS:

Andrew Auerbach, MD, MPH
 Professor of Medicine, University of

Attendees Include:
 Clinical: CMIOs, CMOs, CNOs, Physicians, Nurses, Hospitalists, Informaticists, Nurse Managers & Unit Managers, Medical Directors, Clinical Department Chiefs and Clinical Applications Analysts

C-Suite & Administrators: CEOs, COOs, CDOs, CFOs and Administrators

IT, CTOs, VP's/Directors of IS/IT, VPs of Clinical Informatics, IT, Ops, IT Administrators and Informatics Professionals

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Learn More About the Conference

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 To: email@emailaddress.com

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CMIO LEADERSHIP FORUM
 MEET THE KEYNOTES
 Trump Hotel Chicago

Event
 October 3
 Opening Reception
 October 4-5
 Conference

OPENING KEYNOTE
The Role of Evidence in the Formulation of Government Policy
 David A. Kessler, MD, JD
 University of California San Francisco School of Medicine, San Francisco

KEYNOTE ADDRESS
Evidence-Based Medicine & Meaningful Use
 Farzad Mostafaei, MD, ScM
 National Coordinator for Health Information Technology, Washington, DC

Attendees Include:
 Clinical: CMIOs, CMOs, CNOs, Physicians, Nurses, Hospitalists, Informaticists, Nurse Managers & Unit Managers, Medical Directors, Clinical Department Chiefs and Clinical Applications Analysts

C-Suite & Administrators: CEOs, COOs, CDOs, CFOs and Administrators

IT, CTOs, VP's/Directors of IS/IT, VPs of Clinical Informatics, IT, Ops, IT Administrators and Informatics Professionals

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CMIO LEADERSHIP FORUM
 October 3-5 | Chicago

Transforming Healthcare through Evidence-Based Medicine

Be a part of this two-day interactive leadership forum. This intimate gathering of 100+ thought-leaders from hospitals, health systems and government seeks to define and discuss the role of evidence-based medicine today and in the future among speakers, panelists and participants. Find out first-hand how leading healthcare organizations are coupling evidence-based medicine in areas such as accountable care, the medical home and meaningful use, as well as recognizing cost efficiencies.

WHO SHOULD ATTEND
 Clinical: CMOs, CNOs, Physicians, Nurses, Hospitalists, Informaticists, Nurse Managers & Directors, Medical Directors, Clinical Department Chiefs and Clinical Applications Analysts

C-Suite & Administrators: CEOs, COOs, CFOs, CTOs and Administrators

IT VPs/Directors of IS/IT, VPs of Clinical Informatics, IT, Ops, IT Administrators and Informatics Professionals

TRUMP HOTEL CHICAGO
 OCTOBER 3-5, 2012

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REGISTER

Learn more & check out our speaker line up at CMIOLeadershipForum.com

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 October 3-5 | Chicago

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Learn more & check out our speaker line up at CMIOLeadershipForum.com

Trimed

TRIMED MEDIA GROUP

Responsible for design of print/web marketing materials including magazines advertisement, postcards, email newsletter design, programs, landing pages and media kits.

" Working with Jeff on the marketing communications tools for MPX, pre-launch, was a pleasant experience. Not only is Jeff creative, he picks up really quick on concepts and executes fast. He is an unassuming worker who delivers above expectation. In his quiet way, Jeff demonstrated his involvement and commitment to MPX team goals. If there is any, I would welcome the opportunity to work with Jeff again and recommend him to others seeking fast and desirable results."

HELGA MELGAR, CLIENT SERVICES MANAGER
TRIMED MEDIA GROUP

" Jeff is, by far, one of the best designers I've ever had the pleasure of working with. As Production Director, one of my responsibilities is to act as a mentor of sorts, yet I have also been able to learn from Jeff. He is extremely creative, knowledgeable, professional, responsible and, at the same time, fun to work with. He approaches each and every task with a great deal of enthusiasm no matter how large, small, complex or simple. He is a pleasure to work with."

DARRYL GREENLEE, PRODUCTION DIRECTOR
PROVIDENCE BUSINESS NEWS

" Jeff's work is excellent. He is creative and works well under tight deadlines. Our clients also appreciate the work he does on their ads, which sometimes are created from very rough copy provided by them."

NANCY ADESZKO, MARKETING AND EVENTS MANAGER
PROVIDENCE BUSINESS NEWS

" Jeff is the best employee I've ever managed. He asks questions when appropriate, handles issues on his own with confidence and always puts the big picture ahead of immediate interests."

JIM KEANE, PRODUCTION MANAGER
DOMINION HOMES MEDIA

" Jeff is a true professional who gets things done. His work is exceptional and always on time. I would welcome the opportunity to work with Jeff again. He is someone I can always count on."

AKANTHA SUSKO, GENERAL SALES MANAGER
DOMINION ENTERPRISES FOR HOMES.COM

" Jeff is a talented artist and designer. But, not only that, Jeff is also highly skilled at meeting deadlines and company objectives. He is thorough, pleasant, dedicated and just an all-around excellent team player always willing to help out the company and his co-workers. I would recommend Jeff for any position in the graphic design, production world and would welcome the opportunity to work with him myself again too!"

ERIN CULLIPHER RUANE, VICE PRESIDENT,
EAST DIVISION AND NATIONAL MARKETING
HARMON MEDIA GROUP

" Jeff was not only an outstanding graphic designer but also a leader among his peers. Jeff's ability to get the job done correct and on time; every time was surpass by no one. Jeff's hard work and willingness to stay until the job was complete to the customers' satisfaction while never complaining was crucial to the success of this department and our business. Jeff is truly an outstanding, creative, hard working individual that would be a tremendous asset to any organization."

JACK MOTT, EAST COAST VICE PRESIDENT
DOMINION ENTERPRISES

" Jeff is certainly dedicated. He worked on the print side of Harmon Homes and was one of the best designers I have ever seen. When I was under deadline and needed changes, Jeff never said no. He did it. He made every project a reflection on him and didn't put it to print until he knew it was the best! I can say that I appreciated Jeff for the work that he did, and knew if he was in charge of one of my books it was going to be done right. I would highly recommend Jeff for Designer work, or manager of a group of designers."

MICKI ANDINO, GENERAL SALES MANGER
HARMON MEDIA GROUP

" Jeff is a hard working, dedicated, teamplayer that always goes that extra mile! He was always someone I could count on to get things done. I highly recommend him as a valuable asset to any company."

GEORGE HAMPARZOUMIAN, GENERAL SALES MANAGER
DOMINION ENTERPRISES



REFERENCES

Available online at www.linkedin.com/in/jeffcarreira