



# *creating* **connections**

MTAM ANNUAL CONFERENCE | 2026

APRIL 25 & 26, 2026 | WINNIPEG



**conference program**

# welcome to mtam spring conference 2026

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On behalf of the Massage Therapy Association of Manitoba, it is my pleasure to welcome you to the 2026 MTAM Spring Conference — Manitoba’s premier professional development event for Registered Massage Therapists.

Each year, this conference represents more than continuing education credits. It represents our profession evolving in real time.

Massage therapy practice is becoming increasingly complex. Our clients are living longer, presenting with chronic disease, navigating hormonal transitions, managing mental health challenges, and seeking care within an interdisciplinary health landscape. As RMTs, we are being called to think critically, practice safely, and collaborate effectively.

The 2026 program was intentionally designed to reflect these realities.

From diabetes and neuropathy to menopause, pelvic health, trauma-informed care, and emergency preparedness in the clinic, this year’s sessions address the clinical situations you are encountering every day. Our interdisciplinary speakers — including occupational therapists, physiotherapists, nurses, physician assistants, dietitians, and mental health professionals — bring diverse expertise while maintaining clear scope alignment for massage therapy practice.

Sunday’s Skills & Certification Day provides an opportunity to deepen hands-on competence and build confidence in advanced techniques and assessment skills — strengthening both clinical reasoning and professional accountability.

Most importantly, this conference is about connection. It is about strengthening our provincial community of RMTs, sharing knowledge, and elevating the standard of care across Manitoba.

Thank you for committing to your professional growth and to the safety and well-being of your clients.

I look forward to learning alongside you.

Warm regards,

**Tricia Weidenbacher** (She/Her)  
Executive Director  
Massage Therapy Association of Manitoba Inc.

# mtam board & staff

## mtam board of directors 2025-2026



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## mtam staff

## our mission

The Massage Therapy Association of Manitoba empowers our members with responsive practice assistance, ongoing professional development, and advocacy. MTAM is the professional home for registered massage therapists.

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## our vision

Uniting all massage therapists in Manitoba, aiming to elevate the profession to its highest potential and promoting the health and well-being of all Manitobans.

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## our values

Professionalism | Growth | Respect | Community | Education | Excellence |  
Communication | Empowerment | Collaboration



# MTAM Awards: Nominate a Colleague Who Should Be Recognized

Help us recognize the achievements of your colleagues in the Massage Therapy Profession! If you know an RMT who has made outstanding contributions to the profession or to MTAM, consider nominating them for an award. Whether they're an exemplary educator or have given their time and expertise in other ways to benefit the massage therapy profession, we want to honour them.

The nomination/application process for the 2026 Awards closes on June 5, 2026.

Awards will be presented at the Annual Celebration Dinner on October 18<sup>th</sup> at the St. Boniface Golf Course.

Nominate someone today!



Peter Stachnyk Merit Award



Educator of the Year



Mentor of the Year



Scholarship Award



General Information

# professional development & events committee

## committee chair

Tammy Blanchette

## committee members

|                |                     |
|----------------|---------------------|
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| Cindy Madden   | Carol-Lynne Neitzke |
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*Program launches May 1<sup>st</sup>. Use the group name  
Massage Therapy Association of Manitoba (MTAM).*



**WIFI 1<sup>st</sup> Floor**

NETWORK: Banquet Room 1<sup>st</sup> Floor  
PASSWORD: Viscount11

**WIFI 2<sup>nd</sup> Floor**

NETWORK: Banquet Room 2<sup>nd</sup> Floor  
PASSWORD: Viscount11

*Join the*  
**Celebration**

**MTAM Awards**

CELEBRATING OUR MEMBERS' ACHIEVEMENTS

October 18<sup>th</sup> at the St. Boniface Golf Club



*Save the Date*

**Regional Retreat**

Sept 27-29, 2026



Spa & Conference Centre



# program summary

Welcome to the Massage Therapy Association of Manitoba (MTAM) Creating Connections Conference. We are Manitoba's leading professional development event for Registered Massage Therapists. This year's conference has been thoughtfully designed to reflect the real-life experiences, challenges, and opportunities RMTs are seeing every day in practice.

Across the weekend, you'll explore a wide range of timely and clinically relevant topics, including chronic disease and integrated wellness, diabetes and neuropathy, menopause and musculoskeletal change, pelvic health, mental health, and trauma-informed care. With a growing focus on whole-person care, sessions also touch on emergency response and navigating complex situations within the clinic setting.

One of the highlights of this conference is the opportunity to learn from a diverse group of

interdisciplinary speakers, bringing perspectives from occupational therapy, physiotherapy, nursing, nutrition, mental health, and more. Each session is designed to be practical, approachable, and directly applicable to your work as an RMT.

Sunday's Skills & Certification Day offers hands-on learning experiences to help you build confidence and expand your clinical toolkit. Whether you're refreshing core skills like CPR or diving into advanced techniques such as cupping and clinical assessment, these sessions are designed to support your growth in a meaningful way.

Above all, our MTAM Creating Connections Conference is about just that, connection, and coming together as a community to learn, share, and support one another. We're so glad you're here.



## August 14th is Manitoba Social night at the ballpark ~ and this year it's also MTAM Family Night!



Join us on the right-field patio for the game and stay for the fireworks! Tickets are \$10 each and first-come, first served. Limit of 4 tickets per member. Email the MTAM office to purchase (e-transfer or credit card).





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# schedule at a glance

## saturday, april 25, 2026

**8:15am – 9:15am**

Registration & Exhibitor Hall  
Open

**9:10am – 9:15am**

Housekeeping & Welcome

**9:15am – 10:15am**

Opening Plenary Session:  
*Chronic Disease in Practice: An  
Integrated Care Panel for RMTs*

**10:15am – 10:30am**

Health Break & Exhibitor Hall

**10:30am – 12:00pm**

Complex Clinical Presentations:  
*Pain, Injury & Systemic Health*

**1:00pm – 2:00pm**

Client Presentations in  
Practice: *Brain Injury and Youth  
Performance Pressures*

**2:00pm – 3:00pm**

Midlife Health: *Hormones,  
Function & Pain*

**3:00pm – 3:15pm**

Health Break & Exhibitor Hall

**3:15pm – 4:15pm**

Closing Plenary Session: *Clinical  
Scenarios in the Treatment  
Room: Risk, Scope & Safe  
Decision-Making*

**4:30pm – 5:45pm**

Sip N' Shop Reception

**6:00pm – 8:00pm**

Keynote Presentation & Annual  
General Meeting

## sunday, april 26, 2026

**8:15am – 9:00am**

Registration & Exhibitor  
Hall Open

**12:00pm – 1:00pm**

Lunch Break & Exhibitor Hall

### Classroom 1

**9:00am – 4:00pm**

CoreStones in Clinical Practice:  
Contrast Therapy for Pain,  
Recovery & Performance

**10:15am – 10:30am**

Health Break & Exhibitor Hall

**2:30pm – 2:45pm**

Health Break & Exhibitor Hall

### Classroom 2

**Session 1: 9:30am – 11:30am**

CPR Level C & AED  
Recertification

**Session 2: 1:30pm – 3:30pm**

CPR Level C & AED  
Recertification

**10:15am – 10:30am**

Health Break & Exhibitor Hall

**2:30pm – 2:45pm**

Health Break & Exhibitor Hall

### Classroom 3

**Morning Session:**

**9:00am – 12:00pm**

The Myofascial Cupping  
Technique (MCT): Integrating  
MCT Into Your Practice

**10:15am – 10:30am**

Health Break & Exhibitor Hall

**Afternoon Session:**

**1:00pm – 4:00pm**

Assessment in Practice: Applied  
Anatomy, Red Flags & Clinical  
Reasoning for RMTs

**2:30pm – 2:45pm**

Health Break & Exhibitor Hall

# program outline

saturday, april 25, 2026

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**8:15am – 9:15am**

Registration / Exhibitor's Hall Open

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**9:15am – 10:15am**

Opening Plenary Session

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## **Chronic Disease in Practice: An Integrated Care Panel for RMTs**

### **Panelists:**

Justin Morton (he/him/siya), OT Reg(MB), B.Comm.(Hons)

Sandy Koropas, RN, CDE

Jillian Paulmark, RD, CDE

**Moderator:** Lisa Goss, MBA

### **Session Description:**

Chronic disease is increasingly shaping the clinical landscape, with many clients presenting with complex, overlapping health conditions that impact function, recovery, and quality of life. This interdisciplinary panel brings together an occupational therapist, a registered nurse and certified diabetes educator, and a registered dietitian to explore how chronic disease affects clients across physical, metabolic, and functional domains.



Through real-world clinical perspectives, the panel will examine common chronic conditions such as diabetes, obesity, and systemic disorders, and discuss practical considerations for registered massage therapists, including client participation, risk management, clinical boundaries, and integrated care pathways. Attendees will gain a clearer understanding of how different health professionals approach chronic disease management, and how RMTs can safely and effectively collaborate within a broader care team to support client outcomes.

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## Health Break & Exhibitor's Hall

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**10:30am – 12:00pm**

Block 1 | Complex Clinical Presentations: Pain, Injury & Systemic Health

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## **Metabolic Health in Practice: Diabetes, Bariatric Care & Clinical Considerations for RMT's**

**Presenter:** Jillian Paulmark, RD, CDE

### **Session Description:**

As rates of diabetes and obesity continue to rise, registered massage

therapists are increasingly working with clients managing complex metabolic conditions, including those who have undergone bariatric surgery. This session will provide RMTs with a practical, clinically grounded overview of how metabolic health influences tissue integrity, healing capacity, sensation, and tolerance to manual therapy.

Drawing on expertise in diabetes and obesity care, this session will explore common clinical risks, red flags, and safety considerations relevant to massage practice. Topics will include the impact of blood glucose regulation on soft tissue health, circulation and neuropathy, post-bariatric physiological changes, and implications for treatment planning. Emphasis will also be placed on professional scope of practice, effective communication, and appropriate referral pathways to support safe, collaborative, and client-centred care within an interdisciplinary health context.



### **Chronic Pain & Medical Cannabis: What RMTs Need to Know**

**Presenter:** Jennifer Anderson, MD, CCFP

#### **Session Description:**

Medical cannabis is increasingly being used as part of chronic pain management for a wide range of conditions, and many clients receiving massage therapy may be using cannabis for therapeutic purposes. This session will provide registered massage therapists with a medical overview of how cannabis is commonly used in chronic pain care, including indications, general mechanisms of action, and common side effects that may be relevant to clinical practice.

From a physician's perspective, this session will explore practical considerations for RMTs, including how cannabis use may impact pain perception, sensation, fatigue, cognition, and treatment tolerance. Emphasis will be placed on clinical safety, professional boundaries, and appropriate communication when working with clients who use medical cannabis, as well as recognizing when referral or additional medical input may be warranted. The session will support RMTs in understanding their role within a broader interdisciplinary care context, without crossing scope of practice.



### **Whiplash & Motor Vehicle Collisions: Clinical Considerations for RMT Practice**

**Presenter:** Carolyn Weiss, MSc, DC

#### **Session Description:**

Motor vehicle collisions are a common cause of whiplash and complex soft tissue injury, and many clients seek massage therapy as part of their recovery process. This session will provide registered massage therapists with a clinically grounded overview of whiplash-associated disorders, including typical injury mechanisms, symptom patterns, and recovery trajectories.

From a chiropractic and musculoskeletal perspective, the session will explore key assessment considerations, common red flags, and clinical risk factors relevant to massage practice. Topics will include tissue healing timelines, pain presentation, neurological symptoms, and considerations for treatment modification during different stages of recovery. Emphasis will be placed on clinical reasoning, scope of practice, documentation, and appropriate referral pathways to support safe, effective, and collaborative care for clients recovering from motor vehicle-related injuries.

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## Lunch Break & Exhibitor's Hall

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**1:00pm – 2:00pm**

**Block 2 | Client Presentations in Practice: Brain Injury and Youth Performance Pressures**

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**Brain Injury in the Clinic: Lived Experience, Behaviour & Practical Considerations for RMTs**

**Presenter:** Graham Todd, Board Chair, Brain Injury Canada | Board Vice-Chair/Secretary, March of Dimes Canada

**Session Description:**

Clients living with brain injury may present with a wide range of cognitive, sensory, emotional, and behavioural changes that can significantly impact their experience of care. This session draws on lived experience and community-based perspectives to help registered massage therapists better understand how brain injury can affect communication, processing, regulation, and participation in clinical settings.

Through real-world examples and practical insights, the session will explore common challenges RMTs may encounter, including fatigue, sensory sensitivity, emotional regulation, and behavioural responses. Emphasis will be placed on trauma-informed practice, effective communication strategies, clinical boundaries, and environmental considerations to support safety, dignity, and client-centred care. RMTs will gain practical tools to adapt their approach when working with clients affected by brain injury, while remaining within professional scope and supporting integrated care pathways.



**Pressure, Performance & Burnout in Youth**

**Presenter:** Nicole Koropas, BSc, Double Major in Physical Education & Corporate Fitness, Varsity Volleyball Coach | Assistant Coach, High School Baseball

**Session Description:**

Youth today face increasing levels of pressure related to performance, achievement, and expectations across academic, athletic, and social environments. These pressures can contribute to stress, burnout, and both physical and emotional symptoms that may present in clinical settings, including fatigue, tension, sleep disruption, and pain.

This session will explore how stress and burnout can impact youth wellbeing and how registered massage therapists may encounter these patterns in practice. Through a practical and youth-informed lens, the session will discuss common signs of stress, the role of the nervous system in performance and recovery, and considerations for creating supportive, safe, and developmentally appropriate clinical environments. Emphasis will be placed on communication, boundaries, and recognizing when additional supports or referral may be appropriate.

## 2:00pm – 3:00pm

### Block 3: Midlife Health: Hormones, Function & Pain

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#### **Thriving Through Midlife: A Clinical, Compassionate Approach to Menopause Care**

**Presenters:** Annabelle Reimer, NP, Co-founder of The Menopause Practice Inc.  
Melina Elliott, MSc, Co-Founder, Body Measure Inc. & The Menopause Practice Inc.

#### **Session Description:**

Perimenopause and menopause are significant life transitions that can impact nearly every system in the body, influencing pain patterns, sleep, mood, energy, cognition, and overall quality of life. Yet many individuals experience long delays in diagnosis, limited access to care, or normalization of symptoms that meaningfully affect daily functioning.

This session explores menopause through a clinical and whole-person lens, drawing on current evidence and integrated care models to examine how hormonal change influences musculoskeletal health, metabolic function, nervous system regulation, and pain perception. Participants will gain insight into common symptom presentations, clinical considerations, and the role of interdisciplinary care in supporting women through midlife transitions.

Designed for registered massage therapists, the session will emphasize practical awareness, communication considerations, and scope-appropriate collaboration within a broader healthcare context. RMTs will leave with a stronger understanding of menopause-related patterns they may encounter in practice and how to support clients with compassion, safety, and informed clinical reasoning.



#### **Lumbo-pelvic and Hip Pain and Pelvic Floor Dysfunction: Clinical Pearls for RMTs**

**Presenter:** Jamie Donaldson, B.A., BMR (PT)

#### **Session Description:**

Pelvic floor dysfunction is a common yet often under-recognized contributor to and/or result of musculoskeletal pain.

Jamie will illustrate how common adaptive postures observed in lumbar, pelvic and hip pain, may also be associated with pelvic floor dysfunction. She will offer appropriate questions for history taking; draw associations in maladaptive postures commonly observed in clients with musculoskeletal pain and pelvic floor dysfunctions; and offer simple, practical exercises which will compliment the massage therapist's toolbox.

The session emphasizes clinical awareness, professional boundaries, and appropriate referral considerations to help RMTs gain a stronger understanding of supporting clients through collaborative and interdisciplinary healthcare.

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## Health Break & Exhibitor's Hall

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## 3:15pm – 4:15pm

### Closing Plenary Session



#### **Clinical Scenarios in the Treatment Room: Risk, Scope & Safe Decision-Making**

**Presenters:** Steven Piotrowski, BSc, MSc, MPAS, CCPA

Stéphane Gray, BA

Carolyn Weiss, MSc, DC



**Moderator:** Lisa Goss, MBA

#### **Session Description:**

Registered massage therapists routinely encounter complex and unpredictable clinical situations that require sound judgment, clear boundaries, and a strong understanding of professional scope of practice. This closing plenary brings together a multidisciplinary panel to explore real-world clinical scenarios that challenge decision-making in the treatment room.



Using case-based examples, the panel will examine situations related to clinical risk, red flags, informed consent, professional boundaries, and referral decision-making. Participants will be guided through how different health professionals assess and respond to uncertainty, changing clinical presentations, and situations that fall outside the typical scope of massage therapy practice. Designed to support clinical confidence and professional safety, this session emphasizes critical thinking, communication, and risk awareness. RMTs will leave with practical strategies to support safe, ethical, and defensible clinical decision-making in day-to-day practice.



## 4:30pm – 5:45pm

### Sip N' Shop Reception

## annual general meeting

Saturday, April 25, 2026 at 6:00pm



#### **Keynote Title: The Business of Healing**

**Keynote Speaker:** Dave Nerada

Dave Nerada is a Canadian CEO and transformational business leader with more than three decades of experience leading single and multi-brand organizations serving millions of customers each year. His portfolio has ranged from small businesses from \$1 million to most recently over \$350 million in annual revenue, built always on the foundation of customer loyalty and team engagement. Throughout his career, Dave has led organizations through significant change from digital reinvention to operational restructuring, always with one guiding principle: people come first. He believes sustainable growth happens when teams feel empowered, customers feel understood, and leaders create clarity during uncertainty. Known for simplifying complexity, Dave helps organizations align strategy to execution and turn purpose into performance. His approach connects people and teams through clarity of direction, operational execution and financial discipline. All of which prove that strong operations and meaningful customer relationships are not competing priorities, but complementary ones.

## sunday, april 26, 2026

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9:00am – 4:00pm

Full-Day Workshop

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### **CoreStones in Clinical Practice: Contrast Therapy for Pain, Recovery & Performance**

#### **Panelists:**

Shelle Hagen RMT, BA (Exercise Science)  
Elite Therapeutic Massage | Elite Massage Academy | CoreStone

#### **Session Description:**

Contrast therapy, using alternating heat and cold, is a well-established approach for supporting pain management, inflammation control, and tissue recovery. This full-day, hands-on continuing education course provides registered massage therapists with a comprehensive introduction to contrast therapy using heated and chilled CoreStones.

Participants will explore the physiological effects of thermotherapy and cryotherapy, including their impact on circulation, nervous system response, tissue tone, and recovery processes. The session will cover clinical indications and contraindications, safe handling and sanitation practices, and practical considerations for integrating contrast therapy into massage treatment planning.

Through guided instruction and supervised practice, therapists will learn how to apply CoreStones within full-body and regional protocols, adapt techniques based on client presentation, and document contrast therapy appropriately within professional standards. This course bridges theory and practical application, supporting RMTs in expanding their modality toolkit while maintaining clinical safety and evidence-informed practice.

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10:00am – 12:00pm and 1:00pm – 3:00pm

Two Recertification Sessions

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### **CPR Level C & AED Recertification**

**Presenter:** Tori Webber, 1st Choice First Aid & CPR

#### **Session Description:**

This course provides participants with essential cardiopulmonary resuscitation (CPR) and basic life support skills in accordance with current recognized first aid and CPR training standards. The course is designed to equip wellness professionals with the knowledge and practical skills required to respond effectively in medical emergencies.

Participants will receive instruction in adult, child, and infant CPR, use of automated external defibrillators (AEDs), and management of common emergency situations, including airway obstruction and cardiac arrest. The session includes both theoretical instruction and hands-on skill practice.

Upon successful completion, participants will receive CPR certification recognized provincially. This certification may be used to meet professional, regulatory, or workplace requirements, subject to individual licensing body policies.

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## 9:00am – 12:00pm

### Morning Workshop

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#### **The Myofascial Cupping Technique (MCT): Integrating MCT Into Your Practice**

**Presenter:** Monty Churchman (he/him), RMT, CSMTA Sport Fellow, HPC (Practitioner), Myofascial Cupping Certified Instructor

#### **Session Description:**

Cupping therapy is an increasingly popular modality within massage therapy practice, used to support soft tissue mobilization, pain management, and movement restoration.

The Myofascial Cupping Technique (MCT) is a collection of specific techniques that were first developed in 2002 by David Sheehan, before cupping was widely recognized within allied health professions. David was a key driver in adapting traditional cupping methods for modern clinical application to the musculoskeletal and fascial systems of the body.

The Myofascial Cupping Technique™ (MCT) is an energy-efficient and highly effective method designed for practical, evidence-informed clinical use. MCT applies the controlled gliding of negatively pressurised cups across soft tissue, assisted by massage creams and, when indicated, joint mobilisation.

Through a combination of lecture and instructor-led demonstration, participants will explore different styles of cupping, including indications, contraindications, clinical reasoning for use, and safety considerations. The presenter will demonstrate common techniques and discuss how cupping may be integrated into treatment planning for a range of musculoskeletal presentations.

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## 1:00pm – 4:00pm

### Afternoon Workshop

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#### **Assessment in Practice: Applied Anatomy, Red Flags & Clinical Reasoning for RMTs**

**Presenters:** Caleb Fenton, RMT, CSMTA (CC)

#### **Session Description:**

A strong understanding of anatomy is essential to effective assessment and safe clinical decision-making in massage therapy practice. This session provides RMTs with a practical, applied review of human anatomy, integrating musculoskeletal, neurological, and cardiovascular systems within a clinical assessment framework.

Participants will explore how anatomical structures relate to common symptom patterns and learn to connect structural knowledge with functional assessment strategies. The session will also address key pathological conditions and red flags that RMTs may encounter in practice, supporting clinical reasoning, risk awareness, and appropriate referral decisions.

Designed for both new and experienced practitioners, this session emphasizes practical application, clinical observation, and professional scope of practice. RMTs will leave with increased confidence in their assessment skills and a stronger foundation for safe, evidence-informed treatment planning.

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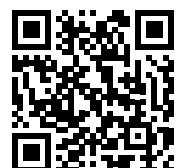
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# presenter bios



**Justin Monton**, *OT Reg (MB), B.Comm. (Hons) (he/they/siya)*

Justin Monton is an occupational therapist with experience across acute care, long-term care, dementia care, and mental health settings. Justin currently works in a personal care home, a rural hospital, and operates a private practice, Bayanihan Therapy, which focuses on mental health counselling, dementia care partnering and education, supporting older adults to maintain independence in the community, and anti-racism and anti-oppressive practice.

As a first-generation immigrant and trans non-binary practitioner, Justin brings a deeply relational, systems-informed lens to their work. They approach each client through a multi-systems, multi-level, inter-professional, and inter-stakeholder framework, recognizing the complex social, cultural, and structural factors that shape health and wellbeing.

Outside of practice, Justin enjoys dancing, strength training, travel, good food, and time with family and close friends — and considers sleep their favourite occupation.



**Sandy Koropas**, *RN, CDE*

Alexsandra (Sandy) Koropas is a Certified Diabetes Nurse Educator with over 20 years of healthcare experience, specializing in chronic disease management, diabetes education, and patient-centred care. She is widely respected for her ability to translate complex medical information into practical, compassionate guidance that empowers individuals to manage their health with confidence.

Sandy has worked across hospitals, rural settings, and Indigenous health programs, collaborating closely with physicians and interdisciplinary teams to improve access to diabetes education and close gaps in care. Her work focuses on supporting individuals and families living with diabetes, insulin dependence, metabolic disease, and weight management, with an emphasis on long-term outcomes and quality of life.

A dedicated educator and advocate, Sandy brings both professional expertise and lived experience to her work. Her approach is grounded in equity, trust, and a deep understanding of how healthcare systems impact individuals and families. Known for her clarity, warmth, and unwavering commitment to those she serves, Sandy is a trusted clinician, mentor, and advocate in chronic disease care.



**Jillian Paulmark, RD, CDE**

Jillian has been a Registered Dietitian for 30 years. She has been a Certified Diabetes Educator for 27 years and was previously a Certified Bariatric Educator for 5 years. She spent 15 years in the Section of Endocrine at St. Boniface Hospital and then spent 5 years at the Victoria Hospital where she helped to start and build the Centre for Metabolic and Bariatric Surgery. She moved into the community working as a Chronic Disease Management Clinician in both the Fort Garry and St. James Assiniboia areas. She has always had an interest in Indigenous health and spent a few years working as an educator for Spirit Healthcare Group, an Indigenous owned company in Manitoba.

Jillian presently works at Medigroup Health Centre, privately seeing clients for diabetes and weight management as well as those undergoing revisional weight loss surgeries. She is passionate about helping people on their health journey and does not take a one size fits all approach. We are all individuals and each one of us needs something different, which sometimes means thinking outside the box.

In her spare time, Jillian loves to cook and spend time with family.



**Jennifer Anderson, MD, CCFP**

Dr. Jennifer Anderson is a Métis family physician who graduated from the University of Manitoba's Urban Family Medicine Program in 2014. She began her career in rural Manitoba, practising comprehensive family medicine in Steinbach, including obstetrics, emergency medicine, and hospital-based care. She has since worked extensively in emergency departments and hospitals across the region, including Steinbach, St. Boniface Hospital, Concordia Hospital, and Selkirk Regional Health Centre.

In 2016, Dr. Anderson's clinical path took a deeply personal turn when her four-year-old son, who lives with cerebral palsy related to twin-to-twin transfusion syndrome, developed severe, treatment-resistant epilepsy. After exhausting all conventional medical options and spending the majority of his time hospitalized, Dr. Anderson advocated for a trial of medical cannabis—an uncommon and largely unexplored option in pediatrics at the time. Following the first dose, his seizures were reduced by half. Over the following year, seizure frequency decreased from multiple episodes per hour to only a few per month. Today, he is a healthy and vibrant nine-year-old who enjoys life alongside his twin brother, with his last hospital admission nearly three years ago.

This experience catalyzed Dr. Anderson's clinical focus on cannabinoid medicine. Since 2017, she has supported both pediatric and adult patients with complex, treatment-resistant conditions who have not responded to traditional therapies. She now operates a consult-only practice, working collaboratively with physicians to safely and appropriately integrate medical cannabis into patient care when clinically indicated.

Dr. Anderson is deeply committed to advocacy, education, and standards of excellence in cannabinoid medicine. She works closely with physicians, educators, and government partners to improve understanding, policy, and clinical integration of cannabis-based therapies. Through national and international collaboration, she supports healthcare providers in navigating this evolving field with rigor, safety, and compassion.

Her work is grounded in patient-centred care, clinical integrity, and a strong belief in thoughtful innovation within medicine. Dr. Anderson brings both professional expertise and lived experience to her work, with a continued focus on improving outcomes for patients and supporting clinicians across Manitoba and beyond.



**Carolyn Weiss**, MSc, DC

Dr. Carolyn R. Weiss is a chiropractor serving the Interlake and Greater Winnipeg region, with a strong commitment to community-based, evidence-informed care. Born and raised in St. Andrews, just south of Selkirk, Dr. Weiss brings both local roots and extensive academic and clinical training to her practice.

She holds a Bachelor of Science (Honours) in Biology and Biochemistry from the University of Winnipeg and a Master of Science in Medicine (Immunology) from the University of Manitoba. Dr. Weiss completed her Doctor of Chiropractic at Northwestern Health Sciences University in Minneapolis, graduating cum laude in 2016. Her clinical training includes specialized education in techniques such as Graston Technique, Myofascial Release Therapy, RockTape, Torque Release Technique, and focused care in pregnancy, pediatrics, and geriatrics.

Dr. Weiss has a long history of leadership and community service. She has served as President of the Friends of Lower Fort Garry since 2013 and is a Member at Large with Manitoba Underground Opera. During her academic career, she held leadership roles including President of the Health Sciences Graduate Students' Association at the University of Manitoba and Vice President of Chiropractic at Northwestern Health Sciences University, where she was awarded the Student Leadership Scholarship and inducted into the Student Leadership Hall of Fame.

Her clinical training has included placements with the Downtown Minneapolis Salvation Army Free Clinic and La Clinica in Saint Paul, reflecting a strong commitment to accessible and community-oriented healthcare.

Outside of practice, Dr. Weiss enjoys singing in her church choir, swimming, attending the opera, and reconnecting with her roots in the Interlake community.



**Graham Todd**, *Board Chair, Brain Injury Canada | Board Vice-Chair/ Secretary, March of Dimes Canada*

Graham Todd is the President of Reliable Mobility, the Prairies' leading home healthcare, home modification, and complex rehabilitation company serving Manitoba and the Kenora region. Since founding the company in 2012, Graham has focused on creating practical solutions that promote independence, safety, and quality of life, enabling people to live the lives they want to live in their own homes and communities.

In addition to his business leadership, Graham is a nationally recognized advocate within the disability and brain injury sectors. He currently serves as Chair of the Board of Directors for Brain Injury Canada, Vice Chair of the Board for March of Dimes Canada, and serves on the Nominating and Public Relations Committee for the Long Term & Continuing Care Association of Manitoba.

Graham's advocacy is informed by both professional expertise and lived experience. His background in competitive sports, including rugby and equestrian activities, led to multiple concussions and injuries, shaping his lifelong commitment to brain injury prevention, recovery, and support. Through his governance roles, he works closely with public, private, and government partners to strengthen systems of care, improve access to services, and advance policy and awareness for people living with disabilities and acquired brain injuries.

Graham brings a pragmatic, solutions-focused perspective to healthcare conversations, grounded in collaboration, innovation, and a deep respect for the lived experiences of individuals, families, and communities.



**Nicole Koropas**, *BSc – Educator & Varsity Coach*

Nicole Koropas is an educator and varsity coach with a strong background in physical education, fitness, and high-performance sport. She holds a Bachelor of Science with a double major in Physical Education and Corporate Fitness, earned in the United States.

A graduate of Lord Selkirk Regional Comprehensive Secondary School, Nicole was a member of the Varsity Girls Volleyball team that won the provincial championship in her Grade 12 year, launching Selkirk's four-peat. She went on to compete in post-secondary athletics at Lakeland College before transferring to Minot State University in North Dakota, where she earned scholarships in volleyball, softball, and academics, graduating in 2011.

Nicole began her teaching career in Sagkeeng First Nation and Brokenhead First Nation, teaching physical and health education and working closely with students and communities. She now teaches within the Lord Selkirk School Division and has come full circle, teaching at her former high school. She currently serves as Head Coach of the AAAA Varsity Girls Volleyball team and will be assisting with the high school baseball team this season. She is in the process of completing her NCCP certification.

A mother of two multi-sport athletes, Nicole values balance, resilience, and positive role modelling in youth sport. She remains actively engaged in athletics herself, continuing to play volleyball, participate in slo-pitch, and maintain a strong personal fitness routine.



**Annabelle Reimer**, *NP, Co-founder of The Menopause Practice Inc.*

Annabelle Reimer, RN(NP) graduated as a Registered Nurse in 1994 and completed her Master of Nursing: Nurse Practitioner (NP) in 2010. She is licensed to practice in Manitoba.

Annabelle continued to pursue additional education and advanced training in comprehensive hormone evaluations, hormone replacement therapy/ menopause hormone therapy, weight management and obesity programs, aesthetics (including medical grade skin care, neuromodulators, counseling and functional medicine. She has followed her passion and in February 2022 received her certification in Advanced Hormone Therapy (ABHRT) with Worldlink Medical and in October 2024 became the first nurse practitioner in Manitoba to obtain her certification with The Menopause Society.

Annabelle partners with women to improve their symptoms associated with hormonal imbalances, suboptimal thyroid, weight conditions, autoimmune, and chronic conditions, and skin concerns. Her goal is to empower women to thrive and live their best lives as they enter perimenopause and menopause.



**Melina Elliott**, *Co-Founder, Body Measure Inc. & The Menopause Practice Inc.*

Melina holds a Master of Science in Community Health and has devoted most of her career to helping older adults live a healthy and vibrant lifestyle. In her role as research coordinator, she saw firsthand how important it was for her clients to know and understand their unique body composition. Melina is a certified obesity counselor with The World Obesity Association. She has personally lost 100 pounds and is passionate about helping others reach their healthy weight.

Melina feels strongly that as women enter perimenopause and menopause, they can maintain a healthy body composition with the right guidance and a clear understanding of their individual needs. With personalized support, women can make informed choices to support their bone health, metabolism, and overall well-being during this natural life transition.



**Jamie Donaldson**, *PT (She/Her), Physiotherapist, Prota Clinic*

Jamie Donaldson is an orthopedic physiotherapist and for the past 15 years, she has been practicing primarily in internal pelvic health. Her practice is located out of Prota Clinic in Winnipeg, Canada. She holds a Bachelor of Arts (Psychology) and a Bachelor of Medical Rehabilitation (Physiotherapy) from the University of Manitoba.

Since 2011, Jamie has completed extensive postgraduate training across Canada and the United States. Her clinical focus includes urinary and bowel incontinence, pelvic pain, sexual health, pelvic organ prolapses, menopause-related dysfunction, prostate pain, and pelvic health in exercise. She has a particular interest in perinatal care, including: labour and delivery preparation, postpartum recovery, abdominal separation and pelvic floor reconditioning.

Jamie is certified in myofascial release, and visceral mobilization, and has completed multiple advanced orthopedic physiotherapy courses. She was a member of the Physiotherapy Standards Committee with the College of Physiotherapists of Manitoba, contributing to the advancement of pelvic floor standards of care in the province of Manitoba.

A passionate educator, Jamie regularly presents to healthcare professionals, patients, and community groups, and is known for her approachable, evidence-informed teaching on pelvic health and function.



**Steven Piotrowski**, *BSc, MSc, MPAS, CCPA*

Steven Piotrowski is a Family Medicine Physician Assistant whose career bridges clinical care, education, and research. After earning his Bachelor of Science from the University of Manitoba in 2005, he went on to complete a Master of Human Anatomy and Cell Science in 2014 and a Master of Physician Assistant Studies in 2016.

Steven began his clinical career in Beausejour, Manitoba, where he worked in both the family medicine clinic and the emergency department for four years. He continues to stay connected to patient care through his ongoing work at the Access Fort Garry Primary Care Clinic in Winnipeg.

Now immersed in academia, Steven serves as the Academic Lead and Wellness Lead for the first year of the Master of Physician Assistant Studies program at the University of Manitoba. His passion for advancing the profession has led him to pursue a PhD focused on understanding the impact physician assistants have had in primary care across Manitoba — work that aims to inform future models of team-based healthcare delivery.



**Stéphane Gray**, *BA, Mental Health Clinician & Primary Care Facilitator*

Stéphane Gray is a Mental Health Clinician with the Winnipeg Regional Health Authority and a Primary and Community Care Facilitator with the Manitoba College of Family Physicians. He brings extensive experience working across community, healthcare, and social service systems, supporting individuals with complex mental health needs.

Throughout his career, Stéphane has worked with at-risk youth, individuals experiencing homelessness, people living with severe and persistent mental illness, and those involved in the criminal justice system. His work spans frontline clinical care through to senior leadership, including crisis intervention, supportive counselling, case management, program development, and system navigation.

Stéphane has led and supervised multidisciplinary teams, chaired labour, health and safety, and inter-agency committees, and collaborated closely with unions, non-profit organizations, and all levels of government. He is bilingual in English and French and is a veteran of the Canadian Armed Forces, where he served as an Army Officer.

Known for his calm leadership in high-complexity environments, Stéphane brings a trauma-informed, collaborative, and practical approach to mental health care, primary care integration, and community-based support.



**Shelle Hagen**, *RMT, BA (Exercise Science), Elite Therapeutic Massage | Elite Massage Academy | CoreStone*

Shelle Hagen has been in the Massage Therapy Industry since 2002 after graduating from The Professional Institute of Massage Therapy, Fargo ND 1,100-hour program. She is the Owner/Founder of Elite Therapeutic Massage and Owner of Elite Massage Academy. Shelle is also an honors graduate of Concordia College, MN with a BA in Exercise Science. In April of 2022, she and her husband Scot purchased the Corestone company from the original founder, Dale Grust, of New Paltz, NY. It is their goal to continue the legacy of Corestone, bringing quality tools to secure the longevity of Massage Therapists hands and wrists while delivering an unparalleled style of massage!



**Tori Webber**, *1st Choice First Aid & CPR*

Tori Webber is the founder of 1st Choice First Aid and CPR, established in 2004 after her career as a paramedic. Through firsthand experience responding to emergencies, she recognized the critical role trained and confident bystanders can play before professional help arrives. Tori's teaching approach focuses on practical skills, real-world scenarios, and building confidence so participants feel prepared and willing to act when it matters most.



**Monty Churchman**, *RMT, CSMTA Sport Fellow, HPC (Practitioner), Myofascial Cupping Certified Instructor (he/him)*

Monty has been a Registered Massage Therapist since 1996, CSMTA (SF) since 2018, a High- Performance Practitioner with Sport Scientist Canada (HPC) and is the CSMTA Liaison for the High-Performance Advisory Council and Own the Podium. He is proud to be a member of both the MTAS (Massage Therapists Association of Saskatchewan) and the CSMTA (Canadian Sport Massage Therapists Association). Currently he practices in Saskatoon SK.

Monty has served on the Education and Exam committees, as well as being a current Provincial Board examiner with MTAS. He has also served as the CSMTA National Secretary from 2011-2015, as Vice President, Ethics and Mentorship Chair from 2016-2022 and currently advises on the Membership committee.

He is an Instructor of the CSMTA Advanced Sport Massage Course since 2018, the “Self Massage and the Athlete” workshops on behalf of the Sport Medicine and Science Council of Saskatchewan, and the Myofascial Cupping Technique. Monty helps support all levels of athletes and over the years has had the privilege to work with the CFL’s Saskatchewan Roughriders (1999-2002) as well as organizing and implementing massage therapy at Rider training camps (2013-2018), the University of Saskatchewan Women’s Volleyball team (2006-2008), the U of S Women’s Basketball team (2009-2022), and U of S Women’s Hockey 2024.

He is a member of the Integrated Support Team (IST) for the Canadian National Paralympic Swim Team (2015-2022).

This has seen him work many performance preparation camps and World Championships across Northamerica, Europe, and the U.K.

2022 saw him selected to the Core Medical Team for the Commonwealth Games in Birmingham, England, the 2023 Panam Games in Santiago, Chile, and the FISU Summer Games in Rhine-Ruhr Germany.

He has worked the Grand Slam of Curling Championships in 2019, the 2021 Olympic Curling Trials, and the 2023 Saskatchewan Winter Games.

Monty regularly incorporates, IASTM, Myofascial Cupping, Neuromuscular therapy, sport massage, Active Isolated Stretching and PNF stretching in his practice.



**Caleb Fenton**, *RMT, CSMTA (CC)*

Caleb graduated from the Professional Institute of Massage Therapy in 2009. Early in his career, Caleb began to see an increased demand for a more in-depth, thorough assessment-based practice.

After almost retiring from massage therapy after only 3 years, he decided to shift his focus to a more in-depth assessment, treatment focused practice for one more year. Fast forward now, Caleb’s practice is heavily sought after, with a heavy client load and cancellation list. He’s also has had several referrals from neurologists, dentists, doctors, chiropractors, physiotherapists and team coaches.

Early with Power of Assessment, Caleb mentored several local RMT’s, helping them find confidence and develop thoroughness with assessment and apply a specific therapeutic treatment.

Now, Caleb has developed 4 seminars, writing 5 articles that have been published and is an award winner through his association.

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