



Alberta  
Association of  
Physiotherapy

# November Newsletter



---

As we approach the end of the year, I want to take a moment to share a personal note of gratitude with each of you.

As some of you know, I moonlight as a triathlete and earlier this month, I was in Marbella, Spain to compete in the 70.3 World Championships. While it wasn't the race I had envisioned— I made it to the start line, enjoyed a challenging, but breathtaking course and crossed the finish line. And the truth is, physiotherapy played a huge role in getting me there.

Throughout my training, physiotherapy supported me on both sides of the journey: helping prevent issues before they started, and stepping in with assessment and treatment when challenges inevitably came up. Thanks to that care, I was able to keep training, stay healthy, and ultimately compete in a sport I love.

We often thank you as an association, but today I want to thank you personally. The work you do matters. It makes an impact. It helped me reach a goal and it continues to support me in pursuing the athletic pursuits that bring so much joy to my life.

Throughout my training, physiotherapy supported me on both sides of the journey: helping prevent issues before they started, and stepping in with assessment and treatment when challenges inevitably came up. Thanks to that care, I was able to keep training, stay healthy, and ultimately compete in a sport I love.

We often thank you as an association, but today I want to thank you personally. The work you do matters. It makes an impact. It helped me reach a goal and it continues to support me in pursuing the athletic pursuits that bring so much joy to my life.

Finally, a reminder that our AGM will take place on **January 12th at 7 p.m.** A formal notice will be circulated in December.

Thank you again for all that you do—for the profession, for your patients, and, in this case, for me.

Best,  
Jen

---

## Black Friday Exclusives for AAP Members!

A promotional graphic for the Telus Exclusive Partner Program. The background is a dark purple gradient with light streaks. At the top, the text 'TELUS EXCLUSIVE PARTNER PROGRAM' is in white. Below it is the Telus logo, which consists of a stylized 'T' followed by the word 'TELUS'. Underneath the logo, the words 'BLACK FRIDAY' are written in large, bold, white capital letters. Below that, the words 'ON NOW' are written in smaller white capital letters. At the bottom of the graphic, the text 'Premium Value. Partner Exclusive Pricing.' is written in a purple serif font.

TELUS EXCLUSIVE PARTNER PROGRAM

TELUS

**BLACK FRIDAY**

ON NOW

Premium Value. Partner Exclusive Pricing.

**1) TELUS:** Don't miss out — score the *lowest prices of the year* on the iPhone 16 & 17 with exclusive partner pricing!

Click [here](#) to check out the deals!

**2) Amazon Business:** Big savings alert for AAP Amazon Business Associated Accounts!  
Unlock amazing discounts on all your workplace essentials.

Click [here](#) to start saving!

---

## Bia Education Member Discount



### **Bia Education - The Biggest Sale of the Year is Here!**

Enjoy **25% off** all Bia online courses from **November 11 to December 2**.

Over 60 expert instructors covering 10 key areas, including MSK, pediatrics, oncology, women's health, mental health, and more.

Bia Education courses are rated 4.56 stars out of 5 (based on 5,520 verified reviews).

Over 5,000 healthcare professionals trust Bia Education for the quality, clarity, and clinical relevance of their training.

Take advantage now at [www.bia-education.com](http://www.bia-education.com)

---

***\*The following is a paid advertisement/content submission.***

***Questions and concerns should be directed to the advertiser/content owner***

Hosted by MoveWell Studio - A Licensed Merrithew™ Host Training Centre

## Become a Certified STOTT PILATES® Instructor

Globally recognized and proudly Canadian, STOTT PILATES® offers a contemporary, science-backed approach to mindful movement — designed to restore the natural curves of the spine and rebalance the body.

Whether you're a Physiotherapist, Kinesiologist, Movement Educator, or Fitness Professional, STOTT PILATES® training will elevate your ability to help others move and feel better — from rehabilitation to performance.

Questions? Email us at [abigail@orthoquest.ca](mailto:abigail@orthoquest.ca) or visit [www.movewellcafe.ca](http://www.movewellcafe.ca)



Early bird Discount

10% off per course

Use code  
STOTTEARLY26

On Until December 1, 2025

Registration closes one month prior to course start

**STOTT Intensive Reformer** | January 16-20, 22-26, 2026

**STOTT Advanced Reformer** | January 15, 21, 27, 2026

**STOTT Intensive Mat-Plus (virtual)** | February 26-March 1,  
March 5-8, & March 14-15, 2026

**STOTT Advanced Mat (virtual)** | May 2, 2026

**MoveWell Studio**

hello@movewellcafe.ca

1019 Richter Street

778-581-0939