



**Alberta
Association of
Physiotherapy**

November Newsletter



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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.

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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

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