

Moria Swain, CAT(C)

Graduated with a Bachelor of Science (Kinesiology) Degree from the University of Waterloo then went on to Sheridan College graduating with a Diploma in Sports Injury Management. After working as an AT for 5 years she decided to further her education by getting a Diploma in Massage Therapy and becoming a Registered Massage Therapist.

Moira has worked with athletes of all levels, from the NHL to National Teams to the average active individual. She has worked as an instructor at Sheridan College for the Manual Therapy course, and has practiced in private clinics her entire career.

Most recently, courses in Visceral Manipulation have peaked Moira's interest and after completing two courses almost back to back, she has found many aspects aid in the treatment and overall well being of her patients. Moira is also currently taking a course in Nutrition Counseling from Precision Nutrition and hopes that this will continue to add value to her clients' health.