

Anna's Bio MPA

Anna DiMarco has been a physiotherapist in Manitoba for over 30 years, having graduated from the University of Manitoba with a Bachelor of Medical Rehabilitation in Physiotherapy. Besides from the first two years of her career, she has spent the majority of her professional time in private practice working in the musculoskeletal realm of care. Anna has been involved with various MPA, SPC and CPM committees throughout the years including chairing the PR committee, assistant race organizer for the Physio Fit Run committee, active member of the Awards Committee (with the famous Susan MacDonald chairing!) and the Ethics Committee (CPM).

Exercise prescription, mindfulness and a holistic approach to care has always been Anna's professional passion as she recognized early on that humans are magnificent beings during all stages of physical rehabilitation. These days, you will find Anna teaching mindful movement classes and treating patients one on one at Tuxedo Physiotherapy and personally exploring life through movement and stillness in equal measure.