



### **Nicole Tai, Registered Physiotherapist**

Nicole Tai, BScPT, BSND, was born in Australia and raised in Vancouver, BC. She received her degree in Nutritional Sciences from the University of Toronto, after which she moved to Hong Kong to complete her degree in Physiotherapy. Ever the life long learner, she is currently furthering her education by pursuing a degree in Acupuncture here in B.C.

Nicole's primary area of interest is in musculoskeletal orthopaedics, especially of the ankle and knee region. She has treated a vast range of clients in Hong Kong, including children, office workers, injured professional dancers, fencers, and the elderly. She enjoyed being the on-field physiotherapist of the Hong Kong Premier League Soccer Team. Her experience led her to an esteemed position as the consultant physiotherapist of China's Gymnastics Olympic Team.



### **Emily Pak, Registered Physiotherapist**

Emily completed her Bachelor of Science Degree in Physiotherapy and obtained her Master of Science Degree in Sports Medicine and Health Science in Hong Kong. She has been practicing physiotherapy for more than 15 years.

Her treatment approach includes a combination of hands-on manual therapy, myofascial release, electrotherapy, precise exercise prescription and yoga therapy to help clients reach their goals.

**Session:** *Staying active*

- Objectives:**
1. Understand the benefits of regular physical activity (including decrease stress, improve general health, improve circulation, increase immunity, and weight loss) for people living with Diabetes
  2. Learn how to prepare for physical activity (including activity plan, what kind of activity, appropriate clothing/shoes)
  3. Learn how to prevent injury

**Date:** Day 2 – Sunday, November 20, 2022