

*You've probably already met Ann – she's the outgoing VP membership for DNA and has been receiving your cheques and questions about DNA for the last 2 years! Ann's funny, warm and helpful presence on the board will be sorely missed!*

### **Why did Ann join DNA?**

DNA is a young, fun group. Everyone seems to have an interesting job, background and stories and Ann gets inspired by her conversations with fellow DNA members. Her favourite events are snowshoeing and (of course!) the annual wine tasting.

**Given a Magic Wand?** The first thing Ann would do is tidy her apartment – organizing her stuff better! And she would love to be fluent in at least four languages to help her as she travels and learns about different cultures.

### **FAVOURITE:**

- ☆ **Colour?** Blue
- ☆ **Book?** The Da Vinci Code. Ann loves Paris and France and yes – the book is better than the film!
- ☆ **Movie?** Life is Beautiful. An inspiring movie that follows an Italian family through the Nazi invasion.
- ☆ **Movie Stars?** Denzel Washington and Hilary Swank

### **Little Known Fact?**

Outside of the clinic, Ann has a passion for dance. She has performed and served on the executive of the Queen's Ballet and Jazz Clubs in Kingston and performed extensively with Portland Community Ballet. And to contrast with her graceful ballet and contemporary dance – she also loves to ham it up. Her last ballet performance was in an outrageous mouse costume to entertain children during scene changes at the Shadbolt Centre.

### **Business Background:**

You will probably know Ann as a Doctor of Chiropractic, but her career path actually started with a B.Comm at Queen's University in Kingston, Ontario, followed by 2 years working for a management consulting firm in Toronto.

While this was good experience, she realised it wasn't what she wanted to do with her life. She loved working one-on-one with people and seeing results right away - and management consulting was not giving her the personal satisfaction she was looking for.

It was chiropractic that met Ann's requirements and tied in with her ongoing passion around health care and fitness. So she made the brave choice to switch careers taking her Doctor of Chiropractic degree at Western States Chiropractic College (WSCC) in Portland, Oregon where she graduated as class valedictorian, *Summa Cum Laude*. She was also awarded the Clinical Excellence Award for her performance in the areas of Clinical Knowledge, Clinical Integration, Patient Care and Case Management.

Ann is highly qualified, licensed in both BC and Oregon as well as being a member of the BC Chiropractic Association, BC College of Chiropractors and the Canadian Chiropractic Association. She is on faculty in the physical medicine department of the Boucher Institute of Naturopathic Medicine and has also trained in Active Release Techniques®, which focus

on addressing muscle tension and scar tissue. She regularly speaks about stretching, injury prevention, running tips and chiropractic medicine and techniques to diverse groups including running clinics, networking groups and professional associations. Wow!

**Ann's clients are:**

Diverse and interesting. She loves sports medicine, Active Release Techniques® and working with the fun 19-35 age bracket. She also enjoys corporate and onsite visits and treatment as part of corporate wellness programs.

**Why do business with Ann?**

Well, if you're anything like me you spend a lot of your day sat at your PC. Ann can help you with soft tissue injuries, upper back and shoulder tightness as well as stiffness and headaches from sitting at a desk all day. And she also works on more chronic irritations – like sciatica, tennis elbow or chronic plantar fasciitis with her more athletic-focused patients.

**Ann's TIPS on how to enjoy life:**

1. Make health & fitness a priority.
2. If you get caught up in work, step back and ask “Is this really what I want, is this good for everyone around me?. Reassess what really matters – monthly. Ask “Am I still on track with my goals?”, “What exactly *don't* I like and what do I want to change?”
3. Every so often take a day off just to go for a walk, take a yoga class or go to the spa!

**When inspiration is needed?** Ann goes for a walk on the beach.

**What can DNA do to help?**

*Just say hello to Ann at any of our upcoming events! She enjoys hearing other people's perspectives on life and business and also loves to bounce ideas around!*

**Why not check her out at [www.annizard.com](http://www.annizard.com)**

*Interviewed and written by Emma-Louise Elsey*

**Ends 741 words**