

## Our Team

**ADAM HONSBERGER**

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**Occupation:** Registered Massage Therapist

**About me:** I am a Maritime Rugby Championship holder, have coached a COAA U16 Rugby team and was a former competitive slalom downhill skier.

**Special Interests:** Sports vision training for athletes and teams, concussion management, massage for injury recovery and rehab, and fitness training. Adam graduated from Kikkawa College in 2015 and obtained his Registered Massage Therapy license. He also holds a Degree in Kinesiology from Acadia University. Adam utilizes his experiences as an intercollegiate athlete & coach to combine a biomechanical approach with exercise to help his clients reach their lifestyle & health goals. He is also very active within our Sports Performance Training Program and Concussion Baseline & Rehab programs. As a big sports fan Adam enjoys working with athletes of all sports to help improve their performance and to reach their goals.