

## Our Team

**MARGARET HONSBERGER**

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**Occupation:** Owner/Founder of Honsberger Physio+, Registered Physiotherapist

**About me:** I believe that staying active is the key to physical and mental wellness, at every age. I enjoy the outdoors, including walking, kayaking and winter sports.

**Special Interests:** Biomechanics, or the study of human movement, as the basis for injury assessment and rehabilitation Margaret obtained her Bachelors of Science in Physiotherapy at the University of Toronto. She brings a biomechanical approach to spinal and sports injuries, and believes In developing a team approach with her client, in order to bring about a sustainable, long term, pain free active lifestyle.