

Adam Cowan

1. Where did you go school? When did you graduate?

I graduated with a Bachelor's of Kinesiology from UFV in 2012, and from the Massage Therapy program at WCCMT in 2018

2. What do you do for work outside of WCCMT?

I massage in a multi-disciplinary clinic and also a gym.

3. What inspires you about the profession of Massage Therapy?

I like helping people get back to their normal activities and seeing people leave with a better understanding of their own body

4. What do you enjoy doing in your time away from work?

I enjoy spending time with my family along with working out and playing recreational sports in my free time!

5. What do you enjoy about working with the students and teaching at WCCMT?

It's fulfilling to see students learn how to think critically about the profession.

6. Are there any other interesting pieces of information about yourself that you would like people to know?

I currently have a daughter and two dogs!