



Moderator - Dr. Prabhjot Singh

Dr. Prabhjot Singh is a chiropractor based in Hamilton and a graduate of the Canadian Memorial Chiropractic College (CMCC). She holds a Bachelor's of Kinesiology (Honours) from Simon Fraser University and is certified in acupuncture through McMaster University. Dr. Singh's journey into chiropractic care is rooted in her own experience—after suffering a back injury while caring for her mother, who was diagnosed with ALS, she found that chiropractic treatment played a key role in her recovery, inspiring her to pursue the profession.

Dr. Singh's leadership and dedication were recognized with the CCA's Excellence in Student Leadership Award for her role as President of the Student Canadian Chiropractic Association, as well as the Judy Ladell Memorial Award for her role as Valedictorian of her graduating class. Today, she is an active member of the Ontario Chiropractic Association's New Graduate Council, where she works to advance the chiropractic profession by engaging with practitioners on best practices and supporting the next generation of chiropractors. Outside of work, Dr. Singh enjoys outdoor activities like hiking, biking, swimming and spending time with her puppy, Leia.



Panelist - Dr. Stephen Gray

Dr. Stephen Gray is the owner and Chiropractor at Made To Move clinic located right on the Danforth in Toronto, Canada. A graduate of the CMCC (Magna Cum Laude), Dr. Gray is also certified/trained in clinical and athletic taping, mental health first aid (CAMH), Smarttools (IASTM), Progressing Ballet Technique, Active Release Technique, Pilates Process Teacher Training Program, Athletic Movement Assessment (Lower Limb), Concussion Detection & Management (U of Calgary), Thompson Technique, Functional Range Conditioning, and McMaster University's Medical Acupuncture Program.

Dr. Gray has served as a guest panelist and lecturer for the Ontario Chiropractic Association, Dance Ontario, The Toronto Dance Teacher Expo, and on the MOVE for the DTRC. Dr. Gray has volunteered for organizations like APTUS Centre for Children with Disabilities, and served as the onset Chiropractor during the filming of The Next Step. Dr. Gray has also appeared in 17 segments on Global's nationally syndicated The Morning Show and City TV's Breakfast Television as a guest expert in health and fitness.

Prior to his clinical journey, Dr. Gray performed for over 15 years professionally across North America including a Broadway tour, the Stratford Festival, Degrossi, Save The Last Dance II, Canada's Wonderland and many regional theatres across Canada. He has taught for TMU's Dance Program, Sheridan's Bachelor of Music Theatre Program, Centennial College, George Brown College, Randolph College, University of Manitoba, Cornerstone University, Regional Arts Programs (Rosedale, Cawthra, ESA, Earl Haig, O'Neil, Unionville), DUBO Force (Mexico), as well as Taipei, Taiwan, the National Dance Institute (Albuquerque) and Rochester School for the Arts. He has also choreographed professionally across Canada and for Sandals Resort Turks & Caicos.

In 2010, he co-created Canada's first agency for dance educators, Quick Ball Change Inc. Stephen has also written over 20 articles for four dance magazines including The Dance Current, and Dance Teacher Magazine. Stephen has also won several awards including a Garfield Weston Merit Scholarship, the Mayor's Medal for Whitby, a Broadway World Toronto Award, 2 Guthrie from the Stratford Festival and most recently the OCA's Early Career Award.



Panelist - Dr. Emily Danson

Optimal health is different for everyone. Dr. Emily Danson's treatment approach is to work with individual patients to reach their goals. No matter the patient's age or stage in life, treatment focuses on resolving the injury, however, for optimal health it also includes prevention of future injuries, increasing flexibility, strength, muscular balance, and thus achieving optimal health.

Dr. Danson's credentials include being a graduate from the Canadian Memorial Chiropractic College (CMCC), McMaster

Contemporary Medical Acupuncture Provider, Full Body Active Release Technique (ART) Provider, and Webster technique certified.

Dr. Danson is the Director of Corporate Wellness and treats patients in the area of chiropractic, acupuncture and Active Release Technique (ART).

Dr. Danson career highlights include leading HPWC Corporate Wellness Program to win Top Corporate Wellness Services Company in Canada in 2023, and was Lead Medical Practitioner at the 2015 Pan Am Games.



Panelist - Dr. Nekessa Remy

Dr. Nekessa Remy is a leading health and wellness professional & expert with a passion for injury prevention and enabling others to be their own health champions. Her philosophy stems from her belief that healthy living is a RIGHT and not a privilege. Through her blogs, seminars and media appearances, Dr. Remy uses her knowledge and experience to educate others on how to become their own health advocates.

With over 15 years' experience in the rehabilitation field Dr. Nekessa S. Remy has developed an approach to injury management and postural rehabilitation that is based on current research and patient education. She is the owner and Clinic Director of Mississauga's The Chiropractic Office & Health Associates. She is the creator of the Better Posture Program, an online course

that teaches individuals on how to sit up straighter and make permanent improvements to their overall posture.

Over the last few years, she has expanded her brand and become a sought-after health and wellness expert for various media outlets including, CTV, CP24, Breakfast Television and Global Morning.