

Elizabeth Roy

Elizabeth is a Registered Nurse and Midwife, who has worked in the U.K. and Canada primarily. She teaches in a variety of seniors centers to make the different programs such as Cardiac Rehabilitation, Osteofit, Joint Works, easily accessible and encouraging to the older population. Her fields of interest have been in the area of emergency care and rehabilitation.

Internationally her work has lead her to assist in developing programs for Women and Children in India and West Africa.

Since early 2004 she has been active in supporting seniors health initiatives, and working in programs to promote the health of the senior population sincerely believing that Exercise is Good Medicine.



Certifications:

Registered Nurse and Midwife; Registered BCRPA Personal Trainer; Osteofit Instructor; Joint Works instructor; Supervising Instructor for the Cardiac Rehabilitation programmer at the JCC.

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