



## Canadian Women's Heart Health Alliance

### Advocacy Working Group | Member Profile



**Karen Taylor, B.P.E., B.Ed., T.R.**

Exercise Therapist  
Central East Cardiovascular Rehab Program  
Scarborough, ON  
Member since 2022

#### Biography

I am an Exercise Therapist, Healthy Living Educator at Lakeridge Health Oshawa, Central East Regional Cardiovascular Rehab Program. I want to increase awareness and provide education about health and wellness, to inspire, support and encouragement people to set health related goals, and to provide tools and strategies to improve health and wellness. I have provided education, support and resources to help thousands of people improve their health, wellness and quality of life. I saw the creation and development of the Abilities Centre Adult Social Club programs.

I am also a Quality Sales Coordinator for Juice Plus advocating and inspiring health, nutrition and wellness.

I am a mother of 3 children – a 15 year old, and twin 12 year olds who have ADHD, Cerebral Palsy and Hearing Impairments. I love hiking and playing with my six year old Chesapeake Bay Retriever. I love promoting health, wellness and active lifestyles on my FB and IG pages.