

Love Your Life to Death

Introducing Yvonne Heath

Yvonne Heath is married to her best friend Geordie (Jor-D), has three amazing children and is loving life in beautiful Muskoka.

She has been a registered nurse since 1988 working in ten different hospitals in the US and Canada in many areas including emergency, intensive care, the delivery room, chemotherapy and hospice.

Yvonne became disheartened by our society's reluctance to talk about, plan and prepare for grief and how it causes excessive suffering in life and at the end of life. She suffered too, not knowing how to do it differently. So, at age 50, she took a leap of faith, left her nursing career and blazed a new trail to help create a culture of change.

She shares her message with heart and humour as an Inspirational Speaker, with her book *Love Your Life to Death*, as a TV and Radio host and through social media. She has been featured in several publications, including *Zoomer* and *Hospital News*.

She is honoured to be chosen as a speaker at TEDx Orillia.

She is travelling and sharing with the world and helping great organizations along the way.

Yvonne is also excited to share the ***I Just Showed Up*** movement.

