

LET'S TALK HEALTHY LIVING – SPEAKERS AND BIOS FOR EP1



Jacqueline Richards has been committed to the community for over 25 years through her work as an education leader, wellness instructor and through her dynamic work supporting women in business.

Author of *Yoga for Your Personal Finances* and her company, *The Wealthy Yogini*, Jacqueline is a Certified Life and Financial Wellness Coach consulting and working with female entrepreneurs, single-parent families, and real estate investors, finding their personal wellness and money manifestos.

Jacqueline participated in the Prime Ministers Task Force on Female Entrepreneurs, and is a past Co-Chair for Canadian Women in Communication (NCR) now WCT, Board Director for the Ottawa Chamber of Commerce, Co-President of the Women's Network of Ottawa, and was the first woman of colour to lead an Ontario Chamber when she was elected Chair of the Eastern Ottawa Chamber of Commerce. Jacqueline is a continued member of the Women's Business Network and was a recent guest facilitator on the Ottawa U-Feminist Podcast discussing the impact on social enterprises in the time of COVID-19.

Diagnosed with Multiple Sclerosis in 2004, Jacqueline beat the odds of losing her mobility and continued to teach YM-YWCA group fitness for what has now been over 25 years. When she finds time between her volunteer work and her day job as a Financial Wellness professional, Jacqueline pursues her passion as a Yoga Instructor teaching Hatha, Chair and Chair Cardio Fit for the Young At Heart, as well at Red Iron and Children's Yoga. Joining 29 women in sharing life journeys, Jacqueline co-authored, *Ruby Red Shoes-Empowering Stories on Relationships, Intuition and Purpose*, which sparked the inspiration to write her own book while travelling as an international speaker. *Yoga For Your Personal Finances*, Practical and Spiritual Solutions for Financial Health applies her experience as a Reiki Practitioner, Yoga Instructor, and Financial Wellness Coach blending yoga, chakras, and wealth solutions key to enriching physical well-being, personal wealth, goals, and dreams.



Lynn Griffiths is a former strategic analyst, and serial volunteer, my time is now spent working on the family genealogy, volunteering with several charities and completing a project to get a cottage moved to a piece of land in PEI that I have owned for a decade. I have also been a historical reenactor for many years, a wonderful way to 'live history' and get a sense of how our ancestors lived. In advance of retirement in 2020, I sold my car and headed to Europe to walk the Camino and visit friends in Copenhagen. The combination of Covid lockdowns and a renewed love of walking has resulted in not yet replacing that car though the cottage project may mean one will again be needed.



Harshita Jagadeesh is a young leader in the health care field and is passionate about working to help create systems that will lead to better quality of life for populations and improve access to care. Harshita is currently the Manager of Space Operations at the University Health Network (UHN), leading a team of staff in all aspects related to the physical spaces across UHN sites. She also sits on the Board of Directors of the Rexdale Community Health Centre, where she helps to provide strategic advice and direction to the leadership team of the Centre. She holds a Master of Health Administration degree and has obtained the Canadian College of Health Leaders - Certified Health Executive designation, as well as the University of Toronto Lean Six Sigma certification. In her free time, Harshita loves to stay active through a variety of team sports (volleyball is her favourite), travel, and read books.



Paul Gillespie is a clinical pharmacist specializing in oncology. He graduated from the University of Toronto's Doctor of Pharmacy program in 2016, and currently works at Scarborough Health Network. He works with a team of physicians, nurses and allied health professionals to provide care and counselling to patients receiving chemotherapy.