



Keen to serve her community, Christine ‘walks the talk’ as a role model for her teen daughters.

Learning all she can about the programs and services that Alberta Health Services (AHS) offers her community and getting the good word out about these resources to her neighbours are among the goals Christine Heggart aims to accomplish as a member of the David Thompson Health Advisory Council.

“Joining an advisory council is rewarding, as you can educate yourself and community members about health services that may help or benefit individuals or their families.”



Christine says people may be surprised to learn that she took up scuba-diving after the age of 40.

As a member since 2022, she feels a sense of hope and purpose in her role.

“There are many council members in the David Thompson region with diverse background in the communities in which we live — and that means the objectives of the council’s work commitments will be far-reaching in central Alberta.”

The David Thompson Health Advisory Council recently created a 2023-2026 workplan of commitments that focus on Seniors and Continuing Care, Mental Health and Addiction, and preventive care.

“I’m also interested in learning about AHS in more depth, as I’m Director of Emergency Services and Emergency Management for Clearwater County. In my municipal role, I have partnerships with AHS and service levels. It’s my wish to continue to foster these

relationships and understanding.”

Christine’s devotion to community also reflects her commitment to family — and her desire to be a role model for her children.

“Being a mother of three teen daughters, in a time where volunteerism rates are declining, I wanted to also walk the talk in terms of being both educated and part of the community in various ways. I’ve experienced a lot of learning from various board positions I have or have had in my community of Rocky Mountain House/Clearwater County.”

In her free time, fun is always on the family agenda.

“We go boating, fishing and hunting for fun. I also enjoy travelling across Alberta (seeing so many beautiful towns) and across Canada to watch my daughters play competitive basketball and hockey. International travel and foods are a few of my other passions.”

Of her life-changing move of coming to Alberta as a university student, she has no regrets.

“I also moved to rural Alberta after having my first child. My husband and I shared the desire to raise them in a smaller community setting with traditional values — and gain life skills and experiences on our small acreage, where we also enjoy gardening along with raising chickens, pig, turkeys and bees.”

For more information on the David Thompson Health Advisory Council, visit ahs.ca/advisorycouncils, or email davidthompson@ahs.ca.