

Meet Janice Lockhart: Healthy choices are an important part of healthy living



Joining the David Thompson Health Advisory Council (DTHAC) in 2010, Janice Lockhart has a deep interest in healthy living which is rooted in her family's experience with health issues. Her son battled brain cancer and through that journey, she developed a different perspective on health and healthcare.

"I learned about the DTHAC through my MLA and felt it would be a great way for me to share my insights on health and also act as a voice for my local community," says Janice.

Janice is dedicated to the DTHAC and works diligently to help people understand that healthy choices are an important part of living a healthy life. Committed to her role on the DTHAC, Janice works closely with the community to understand the local issues. She stays in touch with local community members and shares information from her community with the DTHAC.

"Not only do I have a desire to give back to my community, I'm really passionate about being a conduit between the DTHAC and my community. I think this exchange of information can really make a difference," adds Janice.

In her spare time, Janice loves an adrenalin rush. She'll never say no to an outdoor adventure and she's also a volunteer, an aquafit aficionado, and loves to travel.

For more information on the Council, please visit ahs.ca/advisorycouncils or email davidthompson@ahs.ca.