



## Jahnavel brings her compassion for newcomers and minorities to healthcare



*When not on Council, Jahnavel likes camping, yoga and meditation - and never misses an opportunity to sample a tasty dish of international cuisine.*

A desire to help minorities and promote more inclusive health care for all first brought Jahnavel Sanchez to the Greater Edmonton Health Advisory Council (HAC), where she's already served her community for over two years.

"I decided to apply to become a member because I want to contribute to improving patient-focused services offered by Alberta Health Services (AHS) to all Albertans — and to be part of a strong, collaborative partnership within the medical system," she says.

"I am passionate about working with minorities, especially with newcomers and French communities. I want to advocate for more inclusive services within the AHS system."

Since joining the Council in September 2019, Sanchez has advocated for them by promoting awareness of their needs while contributing to projects she believes will best respond to their needs. She also loves gaining knowledge through her association with a diverse group of Council members.

"I absolutely enjoy working with a multidisciplinary team, collaborating and learning from each other," she adds.

"I'm always excited to learn about innovative, inclusive approaches and services provided by AHS — especially those related to mental health and social services — and having this opportunity to support an inclusive service-delivery process."

Sanchez wishes more people knew about the important role that Health Advisory Councils play in the province.

"I've seen firsthand the passion each member shares about providing better services to all Albertans," she says. "Their commitment to improve our health system and provide resources to Albertans is powerful."

In her private life, Sanchez knows how to chill — and achieves her Zen through camping, yoga and meditation — and loves to spend time with her family. Self-care and balance matter greatly to her.

Food does as well — and seeking out exciting culinary experiences is another pursuit.

"I am so passionate about the world's finest food that I will drive hours just to taste a new dish."

For more information on the Greater Edmonton Health Advisory Council, visit [ahs.ca/advisorycouncils](https://ahs.ca/advisorycouncils), or email [greateredmonton@ahs.ca](mailto:greateredmonton@ahs.ca).