



Meet Heather Norris: avid volunteer with a keen desire to support rural communities



Living in the small rural town of Oyen has been highly gratifying for Heather Norris as it is there she's cultivated strong relationships with those in her community. Through these connections she's been able to share a rural perspective of health with Alberta Health Services (AHS), as a member of the Palliser Triangle Health Advisory Council (PTHAC).

"I think it's important for people to reach beyond themselves to help and contribute to the greater good of others," says Heather. "I value seeing actions come out of discussion and idea sharing."

True to her word and as a member of the PTHAC, she has taken real advantage of the opportunity to connect with AHS and engage in meaningful two-way dialogue about the services that are important to her community. Of particular

interest to Heather is access to addiction and mental health services for those in rural communities.

Heather has appreciated the HACs positive interactions with AHS, particularly South Zone leadership. She is pleased to see them at every HAC meeting, listening to various perspectives and explaining how decisions have come to be made. She looks forward to this working relationship continuing to progress.

Equally important to Heather is the inspiration she gains from her fellow members, "I'm truly motivated by the knowledge and enthusiasm around the Council table. The rich discussion leaves me energized and I look forward to sharing information with my community," she says.

When she's not volunteering, Heather can be found tapping into her artistic side and on occasion, relaxing. She enjoys the art of stained glass as well as watching movies with her family, or the TV show Law and Order. As she like seeing kids achieve their sports goals, Heather is also the president of the Badlands Baseball Academy; she and her husband have hosted players in their home for the last nine years.

For more information on the Palliser Triangle Health Advisory Council, visit ahs.ca/advisorycouncils, or email pallisertriangle@ahs.ca.