



## The goal of making Airdrie the healthiest city in Alberta inspires Jay to serve on council.

Jay Raymundo of Prairie Mountain Health Advisory Council isn't kidding when he says his dream is to make Airdrie the healthiest city in Alberta.

His motivation to serve flows from “a strong passion to help my community and a desire to make a difference in people's lives,” he says. “I'm excited to have a voice and the opportunity to join a network of like-minded leaders and enjoy the benefits of continuous learning — as part of my overall personal development.”



*Jay loves playing with his kids as well as basketball and working out as he keeps in shape for upcoming athletic and sporting events.*

Being healthy, he believes, can begin with something as simple as movement.

“Being in the fitness industry for more than 16 years — along with my involvement as a provincial leader for the Fitness Industry of Canada and my passion to help the people in my community — I truly believe that movement is one of the best prescriptions for preventive medicine. That's why the Prairie Mountain HAC is a perfect fit for me.”

Jay and his Council colleagues are making a difference. To date they've contributed to Alberta's 10-point plan for a strong, patient-focused public health care system, increased investment in EMS services and an expansion of Urgent Care Services at Airdrie Community Health Centre.

He wishes more people could see how “the different backgrounds and varied life experiences of Council members provide unique insights that drive outside-the-box thinking and lead to some amazing ideas.”

Jay is an old hand when it comes to giving of his time and energy to help others.

“I love volunteering.” He has previously served as chair for School Council; board director for the Airdrie Chamber of Commerce; provincial leader for the Fitness Industry of Canada; committee member for the Rocky View Local Immigration Partnership; board member for the Airdrie Sports Council; and chair for the Welcome Airdrie Committee. “I own and operate my own fitness business.”

Being on Council today fills Jay with hope and a sense of purpose, as he praises “the motivated and caring members who want to help and truly make a difference.”

On Council as in life, “I'm planting seeds to create more opportunities. My advice? Follow your dreams, live your passion and make your family proud.”

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