



## Julie comes to Council with a desire to integrate wholistic wisdom with western medicine.

Julie Melville brings a wealth of wholistic knowledge to True North Health Advisory Council along with her desire to serve her community and build strong relationships that will promote better healthcare for her neighbours.



*Julie's favourite pastime is to spend time in nature — foraging, discovering and connecting with the beauty and healing that surrounds us.*

“Well-being is a major focus in my wholistic practice,” she says. “I believe that communities cannot thrive without integrative and quality health care for our families.

“My passion for encouraging wellness overlaps every area of my life, from foraging natural plant products to workshops and treatments.

“I started a wholistic practice out of a need to go beyond what traditional western medicine could offer. I knew that if I was to live a quality life, I had to make some major changes. Through the years I’ve seen the miracles that can occur when we join forces.”

As Julie learns more as a newcomer to Council, she’s enjoying the work.

“For now, my main goal is to get to know the members and discover how we can support our health centres, healthcare providers and the public.

“I feel a sense of hope that stems from a general belief that when we have open discussions about needs and wants, answers are found.”

Julie wishes more people knew about Advisory Councils and the good work they do.

“It would be wonderful for others to see how their voice and actions can make a difference, creating positive impacts within our communities and region.”

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