



Meet Michelle Lincoln, Healthy Tomorrow Foundation's new Health Promotion Advisor.



Michelle Lincoln joins the Healthy Tomorrow Foundation as its new Health Promotion Advisor. Michelle is a recent graduate of Dalhousie University's masters-level Health Promotion program. Bringing a lens of equity, diversity and inclusion to her work, she looks forward to engaging stakeholders and communities alike.

Michelle believes that moving throughout the day can help us to build resilience and strengthen relationships with others. In her new role, she aims to share her passion for movement as a tool to enhance wellbeing and community connections.

In her spare time, you'll find Michelle dancing up a storm with friends and family at home and local dance studios in the Halifax area.