



Healthy Tomorrow Foundation

Join us in welcoming six new board members to the Healthy Tomorrow Foundation.

Derek Estabrook, Vice President, Business Development, Eastward Energy



I passionately believe in the importance of physical activity to overall well-being. As a child I was encouraged by my parents to love the outdoors and physical activity, and as I get older, the importance of physical activity and movement to my health and well-being has increased.

Derek Estabrook

Dennita Fitzpatrick, Vice President, Prevention & Return to Work, Workers' Compensation Board of Nova Scotia



I am alarmed by the overall trends related to health and wellness in Nova Scotia, and I want to do my part to help make tomorrow different for our province.

Dennita Fitzpatrick

Ann-Marie Flinn, President and Founder, Champion Foundational Change Agency



I hope to collaborate with like-minded individuals to support local initiatives to improve the physical, mental and emotional well-being of our communities and to create a healthier Nova Scotia.

Ann-Marie Flinn

Dr. Amanda MacDonald Green, Family Physician, Windsor Collaborative Practice



As a family physician, I see the impacts of exercise and preventative medicine daily and strive to encourage and guide my patients in this path. The Healthy Tomorrow Foundation strongly aligns with my values, and I am excited to promote its very important work.

Dr. Amanda MacDonald Green

Dr. Leisha Hawker, Family Physician, North End Community Health Centre



The Healthy Tomorrow Foundation provides an opportunity to improve the lives of all Nova Scotians by focusing on prevention and maintaining health. I want to lead by example so my young daughter is inspired and empowered to create a happy and healthy life.

Dr. Leisha Hawker

Ian MacLean, Vice President, Engineering and Manufacturing, A.C. Dispensing Equipment Inc.



Now that my own kids are grown, I've been looking for another way to contribute to the betterment of society. The Healthy Tomorrow Foundation is targeting an area that I think can make a huge difference in the physical and mental health of today's youth.

Ian MacLean