

Staying Well Together: Body, Mind and Soul

Facilitator Bios

Sheri Roberts

Since sustaining a spinal cord injury at the age of 18, Sheri has been active in team sports and individual physical activity. Being active is an integral part of how Sheri manages life with a disability. Sheri has experience working with people of all abilities and encourages creativity to help keep people moving. Her exercise motto is "Move what you can!"

Joanne Smith

Joanne Smith, B.A., BRT Dip, C.N.P is a Certified Nutritional Practitioner who specializes in working with individuals with neurological conditions, such as spinal cord and brain injuries. She co-authored *Eat Well Live Well with Spinal Cord Injury & Other Neurological Conditions*, is a regular nutrition columnist for magazines in Canada and the United States, and has presented at conferences, hospitals, research and rehabilitation centres across North America on the topic of nutrition and long term health. In addition to her nutrition practice, Joanne has hosted and produced two award-winning national television programs focused on telling in-depth stories about Canadians with disabilities.

Nathan Cartwright

Nathan began practicing yoga in 2014 after being diagnosed with Multiple Sclerosis (MS). His first-hand experience of the mental, emotional and physical benefits of yoga inspired him to share the practice with others. In 2019, Nathan enrolled in a yoga teacher training program where he focused his efforts on inclusive and accessible teaching. He is dedicated to bringing yoga to communities and individuals that have been excluded from mainstream yoga culture.

Bonnie Taylor

Bonnie Taylor is a Psychotherapist and the owner of Bonnie Taylor Counselling in Waterloo. Bonnie has worked in the field of mental health and disabilities for over 20 years and provides therapy to children, youth and adults experiencing a range of mental health, physical and developmental needs. Her areas of specialization include anxiety, depression, stress, grief, life transitions, disabilities, self-esteem, LGBTQ+, Autism Spectrum Disorder and Attention Deficit Disorder.