



“You can’t go back and change the beginning, but you can start where you are, and change the ending.”
C.S. Lewis

In our first inaugural event, since the pandemic, we surveyed our group and asked them what was most important in their lives. The top three answers that came back were ‘health and wellness, travel and finance’. It was not a surprise to see health and wellness coming out front and center. If the last few years has told us anything, it’s how important, taking care of ourselves is. Even with the best of intentions, we don’t always have the information and resources to do that in the best way possible.

We were thrilled to welcome two well-renowned doctors, Dr. Vivien Brown, and Dr. Stacy Irvine.

DR. VIVIEN BROWN

Is a pioneer and tireless advocate on a national and international scale in raising awareness about women’s health issues, preventative healthcare, and healthy aging.

She is a recognized leader in her field as an outstanding family physician and educator.

She was honoured to be named among the Top 25 Influential Women 2023 by the Women of Influence in Canada.

Dr. Vivien Brown is also a published author.

DR. STACY IRVINE

Dr. Stacy Irvine is the co-founder of Totum Life Science. The philosophy and identity of Totum have been greatly influenced by Stacy’s love of athletics and her passionate belief that everyone will benefit from a healthy active lifestyle. Dr. Irvine’s skills as a health care provider are constantly in demand due to her diverse background in high-performance athletics, and extensive technical knowledge in exercise research. She is CityLine’s Health expert and a published author.

A part of our Wealth Management practice is the *Life Wheel™*, which includes “Your Well-Being,” as part of our wealth strategy offering – “ensuring that I can take good care of myself at every turn of life, knowing that thoughtful solutions are in place for any and every contingency.” All the money in the world is of no use if you do not have your health.

Let’s be good to ourselves, our loved ones and our communities and make sure we take the next step to ensure our “Well-Being.”