



Donna Durand bio

Donna Durand is an artist, educator and recreation therapist, using the healing arts as her tools. Donna is passionate about sharing the message aging is normal and natural. Donna has worked front line to administration with and for older adults in health care, housing and community programming.

As a representative of Alberta Council on Aging, emphasis is placed on what it takes to have a high quality of life as demonstrated in age friendly/dementia friendly communities. Donna is recently certified as a Yin Yoga instructor and continues to write, perform and teach in these strange new and wonderful online rooms.