



## Heather Roland bio

Heather Roland began her work in the field of gerontology 10 years ago and her interests soon focused on preventing declines with age, promoting the highest quality of life possible, and acknowledging the wealth of knowledge and experience older adults contribute.

Throughout her Master's degree she worked on the need for Public Health attention on the key components of Healthy Aging, particularly the importance of social connectedness. She is currently the Community and Partnerships Coordinator for the Edmonton Southside Primary Care Network, and continues her work across sectors in Edmonton to help create more connected communities for seniors.