

Kevin Brady
Managing Partner, NFP Canada
Chairman and Founder, Advica Health

Kevin Brady is an enviable leader in the health and benefits field. His vast experience includes holding a senior management position within one of Canada's largest insurance companies as well as starting his own employee benefits company, which merged with NFP in 2013. In addition, he saw a need to help companies and employees with health solutions and therefore founded Advica Health, a leading medical concierge service in North America that assists companies and individuals navigate the very best health solutions, both at home and abroad.

Kevin shares his expertise in the area of health and wellness through volunteering and giving back to his community. He has served on many boards in the health and wellness field including Board Chair for both the YMCA and his local hospital, where he chaired a Capital Campaign to raise \$120 million for the hospital. He is also a sought-after speaker on the topic of employee mental health, health leadership strategies, and how companies can improve their profits through employee health and wellness.

He has been recognized as Citizen of the Year in 2007 and Philanthropist of the Year in 2010. He has also received the esteemed Queen's Jubilee Medal that is awarded by the Queen of England in recognition of his outstanding community leadership.

Kevin leads a very active life and has qualified for the Triathlon World Championships representing Canada for the last five years. In his latest book, *It's Never Too Late to Be Healthy*, Kevin shares his remarkable story of overcoming a near-death experience and using it as an impetus for not only shaping his wellbeing but also reaching peak health in middle age.

He is married to wife, Barbara, who shares in Kevin's passion for plant-based eating and achieving optimal wellness. They have three adult children, Tim, Matt, Director of Business Development at Advica Health, and Lauren who are all successful in their careers, active and healthy.

Kevin's mission is to inspire and motivate Canadians of all ages to reach their peak health using simple steps.

You can follow Kevin's personal journey towards better health and wellness on his blog www.kevinbradyhealth.ca.