

Mildred Ababio, RN, BScN, MBA, CHE, GNC(c)

Mildred Ababio is a Nurse Consultant, Executive Director, and Certified Health Executive (CHE) with extensive experience in healthcare leadership and quality improvement. As the Founder of Mildred Ababio Consulting, she leads community and organizational initiatives promoting Advance Care Planning (ACP) and health literacy across Canada.

A Gerontological Nurse Certified [GNC(c)] professional with a Master of Business Administration (MBA), Mildred integrates clinical expertise with strategic insight to help individuals and families make informed choices about their care.

Her passion for Advance Care Planning stems from years of witnessing the emotional and ethical challenges families face when no clear directives are in place. Through her seminars, workshops, and public speaking engagements, Mildred empowers Canadians to engage in meaningful conversations about their wishes, values, and legacy.

Mildred is recognized nationally for her advocacy in advancing patient-centered care and her commitment to dignity and preparedness at every stage of life.

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