

Donna Ritch RN, EPC

As an experienced registered nurse, Donna has been a staff nurse, a nurse educator, a manager of a Volunteer Visiting Program as well as in independent practice. Donna's work has included health promotion and prevention, managing chronic conditions and teaching with The Canadian Initiative for Elder Planning Studies. Helping others is at the core of her practice including how to age as healthily as possible.

A great believer in volunteering, Donna leads a warm water exercise program for people managing arthritis and other chronic conditions. As well Donna facilitates a widow's group with The Coping Center in Cambridge Ontario.