

# HEALTH FIRST NETWORK

## 2025 Conference & Annual General Meeting

Montreal, Quebec  
May 29 – May 31, 2025

# ATTENDEES BY CATEGORY

### MEMBERS: *(alphabetical by store name)*

Member Store	Name	Title	Province
A Fleur de Vie	Emilie Belleville	Co-Owner	QC
A Fleur de vie	Elizabeth Bissonnette	Store Clerk	QC
Afentix Natural Alternatives	Camilo Mora	Owner	QC
Afentix Natural Alternatives	Sebastian Mora	Owner	QC
Amaranth Whole Foods Market	Brendan Klatt	Owner	AL
Amaranth Whole Foods Market	Amanda Rajsigl	Category Manager - Wellness	AL
Amaranth Whole Foods Market	Kyra Schlotter	Wellness Pricing Manager	AL
Amaranth Whole Foods Market	Makayla Stewart	Asst. Category Manager - Wellness	AL
Bio Terre	Anika Daigneault	Owner	QC
Bio Terre	Isabelle Larabée	Owner	QC
Biotope Aliments Santé	Guylaine Couture	Owner	QC
Biotope Aliments Santé	Yvan Tardif	Owner	QC
Causeway Natural Health	Cathy McAnally	Owner	SK
Causeway Natural Health	Julie Yungmann	Sales	SK
Charlene's Nutrition Centre	Charlene Anderson	Owner	NS
Charlene's Nutrition Centre	Robert Anderson	Manager	NS
Dandelion Foods	Michael McGarry	Co-Owner	ON
Dandelion Foods	Meghan Pettipas	Co-Owner	ON
Dandelion Foods	Farhat Sultana	Co-Owner	ON
Épicerie Santé Tout Vert Tout Pur	Julie Constantineau	Owner	QC
Épicerie Santé Tout Vert Tout Pur	Fanny Dion	Owner	QC
Fiddleheads Health & Nutrition	Kim Boril	Co-Owner	ON
Fine Fettle	Paul Batista	Owner	ON
Fine Fettle	Samantha Smith	Owner	ON
Foodsmiths	Bill Watts	Co-Owner	ON
Foodsmiths	Tammy Watts	Co-Owner	ON
Gagné en Santé	Rachelle Gagné	Owner	QC
Gagné en Santé	Richard Gagné	Owner	QC
Gaïa épicerie Santé	Judith Cloutier	Owner	QC
Gaïa épicerie Santé	Leevan Tremblay	Co-Owner	QC
Gaudaur Natural Foods	Jake Gaudaur	CEO	ON
Ginkgo Health Shop	Daniel Maleszyk	IT Consultant	ON
Ginkgo Health Shop	Frances Yi	Manager	ON
Happy House Healing Roots Ltd.	Natalie Ezio	Consultant	AL
Happy House Healing Roots Ltd.	Larissa Rivard	Owner	AL

<b>Member Store</b>	<b>Name</b>	<b>Title</b>	<b>Province</b>
Harmony Whole Foods Market	David Bernhardt	Grocery Manager	ON
Harmony Whole Foods Market	Rowan Lalonde	Owner	ON
Health Matters Store & Wellness Clinic	Kevin Grenier	Owner	AL
Health Matters Store & Wellness Clinic	Kimberly Umphrey	Owner	AL
Health Service Centre	Norman Buss	Owner	ON
Hedley's Health Hut	Michelle Kuz	Owner	MB
Hedley's Health Hut	Randy Kuz	Owner	MB
Heritage Food & Health	Sherraine Crapo	Owner / Manager	AL
Heritage Food & Health	Liz Kerner	Supplements Manager	AL
Honey & Ginger	Barb Brennan	Owner	NS
Honey & Ginger	Aimee Brown	Purchasing Manager	NS
Inside U	Dave Nelson	Partner	ON
Inside U	Cindy Velthove	Partner	ON
Inside U	Steve Velthove	CEO	ON
Inside U	Erin Bott	Nutritionist / Operations	ON
Kelcey's Nutrition Centre	Bill Kelcey	Owner	ON
Kelcey's Nutrition Centre	Tori Kelcey	Manager	ON
Ki Nature et Santé	Paola Wong	Owner	QC
Ki Nature et Santé	Sebastian Wong	Owner	QC
La Boite à Grains	Alexandre Savard	President	QC
L'Amie de la Santé	Joel-Jean Beauchemin	Consultant	ON
L'Amie de la Santé	Chantelle Burgess	Store Manager	ON
L'Amie de la Santé	Steven Golden	Owner	ON
Lawson's Health Foods	Julia MacDonald	Finance	ON
Lawson's Health Foods	Maisie MacDonald	Sales	ON
Lawson's Health Foods	Paul MacDonald	Owner	ON
Le Chrysanthème	Anne Marie Lamoureux	Naturopath	QC
Le Chrysanthème	Victor-Alexandre Laprade	Owner	QC
Le Jardin des Sages	René Bilodeau	Partner	QC
Le Jardin des Sages	Alice Maheux	Owner	QC
Le Panier Vert Inc.	Kelly-Ann Ridge	Buyer/Manager	QC
Le Panier Vert Inc.	Larry Ridge	Owner	QC
Les Fours du Roy Inc.	Marcel Hervieux	Owner	QC
Les Fours du Roy Inc.	Christiane Pépin	Manager	QC
Lifepius Natural Health	Doris Qi	Co-Founder	BC
Lifestyle Naturals	Karin Lowen	Manager	BC
Naterro	Yvan Bourgault	President	QC
Naterro	Miryam Gharbi	Director	QC
Naterro	Josée Moisan	Director	QC
Natural Focus	Alex Ovies	Owner	BC
Natural Focus	Carolyn Ovies	Owner	BC
Natural Life Health Market	Kyla Bell	Owner	ON
Natural Life Health Market	Murray Bell	Owner	ON
Naturesway Select Food Inc.	Haresh Sabnani	Owner	ON
Naturesway Select Food Inc.	Priyanka Sabnani	Owner	ON

<b>Member Store</b>	<b>Name</b>	<b>Title</b>	<b>Province</b>
New Outlook Health Centre	Rheanne Haines	Owner	SK
Oliver Health Foods	Ryan Oliver	Owner	AL
Ottawa Valley Supplements	Kate Page	Owner	ON
Ottawa Valley Supplements	Kayla Wise	Nutritionist	ON
Panier Santé Drummondville	Esther St-Sauveur	Owner	QC
Panier Santé la Prairie	Isabelle Pender	Owner	QC
Pantry Plus Health Foods	Eric Beauchamp	Consultant	ON
Pantry Plus Health Foods	Natalie Chenier	Owner / Operator	ON
Parallèle Santé Plus	Nathalie Bérubé	Naturopath	QC
Parallèle Santé Plus	Philippe Paquet	Partner	QC
Pura Vida Nutrition Store	Joe Fontes	Partner	ON
Pura Vida Nutrition Store	Kathleen Lofthouse	Owner	ON
Quarter Master Natural Foods	Jessy Deroneth	Supplement & Education Mgr.	ON
Quarter Master Natural Foods	Tim MacMillan	Owner	ON
Seaweeds Health Food Store	John Geoffrion	Owner	BC
Surrey Natural Foods	Dean Camfferman	Owner	BC
Tara Natural Foods	Rudi Mogl	Owner	ON
Tara Natural Foods	Anna Schlor-MacLean	Executive Manager	ON
Tara Natural Foods	Charlotte Thompson	General Manager	ON
The Healthy Bug	Lou Liberatore	Owner	NS
The Healthy Bug	Jeff Wiest	Co-Owner	NS
The Healthy Bug	Sandi Wiest	Owner	NS
The Peanut Mill Natural Foods Market	Zinnia Crawford	Store Manager	ON
The Peanut Mill Natural Foods Market	Tatjana Djurkovic	Registered Holistic Nutritionist	ON
The Peanut Mill Natural Foods Market	Marion Griese	Co-Owner	ON
The Peanut Mill Natural Foods Market	Jason Sebeslav	Owner	ON
The Stone Store	Erin Copeland	Owner	ON
The Stone Store	Erin Hanusiak	Office Manager	ON
The Vitamin House	Derrick Yamanaka	Owner	BC
Vita Health Fresh Market	David Forde	Dir. of Finance & Technology	MB
Vita Health Fresh Market	Mathew Holtmann	Owner / President	MB
Vitamins First	Andrew Savage	Owner	AL
Vitamins First	Audra Savage	Owner	AL
Vitavie au Naturel	Guylaine Boisvert	Owner	QC
Wellness Market	Kaila Seguin	Owner	ON
Vogel Ste-Adèle	Suzanne Nassif	Owner	QC
Whistler Quantum Health	Robert Currie	Owner	BC
Whistler Quantum Health	Michelle Pascal	Owner/Operator	BC
WillowGrove Pharmacy	Danita Olafson	Owner	SK
WillowGrove Pharmacy	Darren Olafson	Owner	SK

**VENDORS: (alphabetical by company name)**

Company	Name	Title
Alive Publishing Group Inc.	Jane Griffiths	Group VP, Education & Administration
Alive Publishing Group Inc.	Ellen Wheeler	Vice President of Partnerships
Assured Natural Distribution	Deb Larocque	National Sales Manager
Assured Natural Distribution	Joanne McDonald	Account Manager
Assured Natural Distribution	Lyne Quesnel	Account Manager
Assured Natural Distribution	Rod Sidoroff	Senior Director
Bioforce Canada Inc./A. Vogel	Tracy Creighton	National Sales Director
Bioforce Canada Inc./A. Vogel	Bob Oommen	CEO
Bioforce Canada Inc./A. Vogel	Melanie Vacquier	Key Account Manager
Boiron Laboratories	Daniel Dereser	CEO
Boiron Laboratories	Loggens Mercy	Inside Sales Representative
Boiron Laboratories	Kara Rappos	Key Account Manager
Boiron Laboratories	Tanya Winchester	Director of Sales
Canadian Health Food Association	Sandra Kabat	VP, Member Experience & Sales
Canadian Health Food Association	Aaron Skelton	President & Chief Executive Officer
CanPrev	Christina Barrett	Medical Director Orange Naturals
CanPrev	Cristina Guglielmi-Bradbury	Director of National Sales - Retail
CanPrev	Martin Provençal	Representative & Brand Manager
CanPrev	Frank Silva	Medical Director
CFIB	André Asch	Integration & Success Specialist
CNHR Magazine	Bruce Cole	Editor
Genuine Health	Nathalie Lefebvre	Sales Director
Genuine Health	Jasmin Rautert	Head of Sales
Harmonic Arts	Rebecca Llewellyn	VP, Sales & Marketing
Harmonic Arts	Nicole Robins	National Sales Manager
Harmonic Arts	Yarrow Willard	Founder
ITL Health	Jordan Cabral	Ontario Sales Manager
ITL Health	Meaghan Esser	VP Sales and Marketing
ITL Health	Leanne Wright	Western Sales Manager
Jamieson Wellness Inc.	Joanne Colacci	Key Account Manager
Jamieson Wellness Inc.	Nadia Eccles	Director of Sales
Jamieson Wellness Inc.	Jane McDowell	Associate Account Mgr. Independents
Jonluca Neal	K.C. Bateman	Key Account Manager
LeBeau Excel	Natasha Fahel	Key Account Manager
LeBeau Excel	Matt Lebeau	President
Martin & Pleasance - North America	Grant Spence	Account Manager
Natural Factors Nutritional Products	Joanne Aldridge	National Key Account Manager
Natural Factors Nutritional Products	Mario Baril	Sales Representative
Natural Factors Nutritional Products	Heather Johnston	Director - National Accounts
Natural Factors Nutritional Products	Nata Le Page	Sales Representative
Natural Factors Nutritional Products	Dr. Kate Rhéaume, ND	Doctor of Naturopathic Medicine
Natural Factors Nutritional Products	Elizabeth Webster	Regional Sales Manager
Nature's Way Canada	Melissa Picard	Broker - Marathon Canada

Company	Name	Title
Nature's Way Canada	Jordan Porter	National Sales Director
Nature's Way Canada	Cheryl Pretty-Gaspar	National Account Manager
Nature's Way Canada	André Viau	Broker - Marathon Canada
Nestle Health Science - Atrium Brands	Traci Rae	National Key Accounts Sales Manager
Nestle Health Science - Atrium Brands	William Roberts	Key Account Manager
New Chapter	Sara Boisclair	Account Executive
New Chapter	Jana McLean	National Sales & Key Account Manager
New Roots Herbal Inc.	Alain Charbonneau	National Sales Manager
New Roots Herbal Inc.	Dany Lévesque	Sales Representative
NOW Health Group Canada / Puresource Natural Products	Andrea Benson	Country Leader
NOW Health Group Canada / Puresource Natural Products	Richard Drydak	National Key Account Manager
NOW Health Group Canada / Puresource Natural Products	Maxime Gaudreault	Regional Sales Manager
NOW Health Group Canada / Puresource Natural Products	Marie-France Lesieur	Account Manager
NOW Health Group Canada / Puresource Natural Products	Sharmila Regala	Regional Sales Manager
NOW Health Group Canada / Puresource Natural Products	Jenn Slattery	National Sales Manager
Optimize Brands	Crystal Carle	Quebec Regional Manager
Optimize Brands	Marisol Whitley	Account Manager
Optimize Brands - Green Beaver	Alain Ménard	Founder
Peak Performance	François Demers	Key Account Manager - Quebec
Peak Performance	John Stoikos	President & Founder
Prairie Naturals	Richard Jang	Partner
Prairie Naturals	Jennifer Walker	VP Sales and Marketing
Prairie Naturals	Jennie Weselowsky	Key Account Manager
Propel Brands	Jennifer Kane	Key Account Manager
Propel Brands	Nathalie Langlois	Account Manager
Purity Life Health Products	Carly Albrecht	Regional Sales Manager
Purity Life Health Products	Andree-Anne Milette	Regional Sales Manager
Purity Life Health Products	Jeremi Plouffe	Account Manager
Purity Life Health Products	Allison Torris	Inside Sales Representative
ReBoot Sales	Jillian Mariani	Founder, Niyama Wellness
ReBoot Sales	Renzo Mariani	President
ReBoot Sales	Gary Masse	National Sales Manager
St. Francis Herb Farm	Alycia Goodwin	Key Accounts Manager
St. Francis Herb Farm	Johnny Larocque	National Sales Manager
St. Francis Herb Farm	Christelle Mbarga	Account Manager - Quebec & Ottawa
St. Francis Herb Farm	Paul Rivett-Carnac	President & CEO
TallGrass Natural Health	Jessica Cosby	Key Account Manager
TallGrass Natural Health	Amanda Lepik	Eastern Regional Sales Manager
Wellmore Holdings	Alana Caldarola	Team Lead - Natural Canada

**HFN Team: (alphabetical by last name)**

<b>Company</b>	<b>Name</b>	<b>Title</b>
Health First Network	Kelly Beech	Associate Manager, Administration & Vendor Relations
Health First Network	Sian Benoit	HFN Brand Lead
Health First Network	Michelle Burnie	Manager, Marketing Programs
Health First Network	Cameron Cogswell	Business Development Representative
Health First Network	Sofia Constantinou	Associate Director, Business & Member Development
Health First Network	Callie Farrell	Product Development & Education Manager
Health First Network	Evan Gerber	Associate Trade Marketing Manager
Health First Network	Maher Hanna	Sr. Director of Finance
Health First Network	Kathy Micallef	Conference & Events Planner
Health First Network	Susy Nagaki-Koc	Manager, Supplements & Flyer Programs
Health First Network	Adam O'Brien	Warehouse Procurement Specialist
Health First Network	Steven Parker	Software Developer
Health First Network	Louise Quintin	Member Support Specialist - Quebec
Health First Network	Tawnya Ritco	Director of Marketing & Vendor Relations
Health First Network	Steve Rouse	Warehouse Manager
Health First Network	Chris Schutz	Director of Operations
Health First Network	Jessica Todd	Strategic Operations & Board Assistant
Health First Network	Davide Viola	President & CEO