

Mary Chow is an Architect and Associate Vice President with HDR who has dedicated the last 15+ years of her career to designing recreation facilities. Firmly believing that community amenities must serve the stakeholders and demographics for which they are created for, she truly engages the users and thoughtfully implements the best solutions into her work. Mary's track record of Facility of Excellence awards is proof that she places client and community needs first.

In addition to local venues, Mary has traveled internationally to give presentations on various issues related to facility design, universal design and how community engagement is being integrated into the architectural process. In the past few years, she has spoken at the Athletics Business Conference in Florida and New Orleans, the IAKS (International Association for Sports and Leisure Facilities) Congress in Germany, and the TAFISA (The Association for International Sport for All) World Congress in The Netherlands.

She has been involved with the CPRA Gender Equity project since its inception in 2021.

Christa Costas-Bradstreet has expertise in the area of physical activity and health promotion built on thirty years of employed and volunteer experience and an academic foundation in health care, physical education and applied health science.

Christa began her career as a Registered Nurse specializing in orthopedic surgery. After leaving nursing to complete a degree in Physical Education, she has spent the last 30 years as a physical activity promotion specialist working for ParticipACTION, Hamilton Public Health Services and most recently as a consultant for a variety of not-for-profit and government organizations. Christa is also the Director of Partnerships and Education for the Canadian Parks and Recreation Association and Director of Partnerships for the Active Living Alliance for Canadians with a Disability.

Christa currently serves on the Board of Directors for the Canadian Fitness and Lifestyle Research Institute (Chair), KidSport Ontario (Vice-chair), and the Canadian Sport Film Festival.

To keep active and healthy, Christa enjoys walking, cycling and swimming. She is a huge Toronto Maple Leaf fan, loves to travel and spend time with friends and family. She is the mum of two human daughters, Alexis and Zoe, and two feline daughters, Maizie (Amazing) and Grace.

Nancy Dubois is a Health Promotion Consultant working in private practice for over 20 years, most often in the public and social profit sectors in the areas of planning and evaluation. She develops such things as Age-Friendly Plans, Community Safety and Well-being Plans, strategic plans, and facilitates many planning sessions and large group forums. She has trained health promoters across Canada as well as in Bosnia, Serbia, Finland, Chile, and Italy, and around the United States. Nancy currently also works part-time with the Public Health Agency of Canada in the new Public Health Intelligence and Knowledge Translation Division as a Senior Policy Advisor, as an Innoweave Coach in the Collective Impact and Scaling Impact modules, and an Instructor with York University's Health Learning and Leadership Network in the Canadian Standard for Psychological Health and Safety in the Workplace, and Motivational Interviewing.

Nancy has a degree in Physical Education (when that was still a thing!), and has been a strong advocate for physical activity with groups such as Active Living Canada, the Heart and Stroke Foundation, the Pan-Canadian

Healthy Living Strategy, Active Aging Canada, ParticipACTION, and the Canadian Fitness and Lifestyle Research Institute among others, for many years.

Scotland, Ontario (just down the road from Paris!) is where Nancy calls home where she and her husband have recently welcomed one of their two daughters, her husband, and two-year old grandson, while awaiting the second one in the Fall of 2022. When not there, you can usually find her enjoying the sunshine at her cottage on the shores of Lake Huron.