

Love Your Life to Death

MEET YVONNE HEATH

A registered nurse since 1988, Yvonne has worked in Louisiana, Texas, New York State and Ontario. Having experience in both management and nursing “in the trenches”, from obstetrics and emergency to chemotherapy and hospice care, she offers a unique perspective.

Disheartened by our society’s reluctance to talk about, plan and prepare for grief, she chose to blaze a new career path at age 50. Yvonne not only authored her first book, *Love Your Life to Death*, but also became an Inspirational Speaker, television host, radio guest and consultant.

Yvonne’s new purpose: To empower compassionate professionals and communities to **JUST SHOW UP**- to live life to the fullest, learn to grieve and support others and to have “The Talk” about end of life...long before it arrives, and diffuse the fear!

*Yvonne delivers her message with heart and humour—
because it’s already serious enough!*

Yvonne is also excited to share:

The ***I Just Showed Up*** Movement:

teaches people of all ages

to show up for themselves and others,

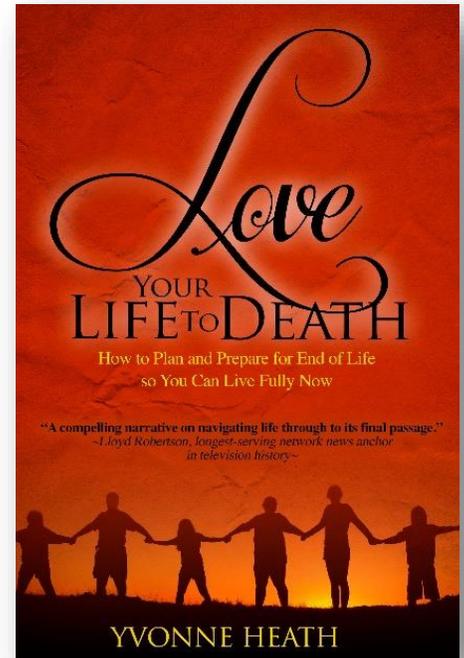
so they are empowered and resilient when grief arrives.



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THE BOOK

- What does “A Good Death” look like?
- Yvonne’s nursing journey and discovery.
- Why have we become so scared to death of death?
- Medical technology: friend or foe?
- How dying peacefully starts with living fully.
- The need to repair our internal damage.
- Spirituality forgotten: what are we missing?
- Understanding grief.
- Talking to children about grief, death and dying.
- There is opportunity in the dying process.
- Choosing our end-of-life scenario.
- About that talk...
- Poem: *If I Die Today*, by Yvonne Heath



INTERVIEW QUESTIONS

What compelled you to leave your career, write a book and become a speaker?

I realized our society was ill-prepared for grief, and we were suffering—even healthcare professionals. It was time to create a culture of change and be empowered.

What research did you do and how long did it take you to write your book?

I shared my own experience and interviewed incredible people ages 11 to 102; professionals and those by grief and loss, who found joy again. It took 18 months! I was inspired!

What has been the response to your book and speaking?

I’ve had tremendous feedback! Many people have completely re-framed their views on life, grief and death. Not a day goes by without a thank you, or “This has changed my life!”

What is the most important message you want to share?

When we talk about, plan and prepare for life, grief and end of life, something extraordinary happens. We diffuse our fear so we can live fully *now*! Have “The Talk” before grief arrives!

Where do you aspire to go from here?

Sharing my message with the world through my book, speaking and *I Just Showed Up* is my purpose. Have books and bracelets. Will travel. I am ready for Oprah. I am dreaming **BIG!**

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PRAISE FOR YVONNE HEATH

“A compelling narrative on navigating life through to its final passage.”

Lloyd Robertson, Longest-serving network news anchor in television history

“Yvonne’s keynotes are energetic, earnest and informative. I believe audiences will be intrigued with her message, and walk away with a renewed and uplifted perspective on this important topic. Considering the spectrum of issues employers handle when it comes to employee mental and physical wellness, Yvonne’s presentation may be a timely fit, indeed.”

Nina Spencer, Speaker, Bestselling Author of, *Getting Passion Out of Your Profession*, and *A Time to Creep, A Time To Soar: Lessons Learned for Work and Life from Climbing Mt. Kilimanjaro*

“In *Love Your Life to Death*, Yvonne Heath has created a blueprint for facing this spectre, making sense of the process of dying and ensuring we depart this world with grace, confidence and our dignity intact. It’s a life-changer.”

Andrew Mair, Toronto Sun Newspaper

“I’ve been called to meet with many patients and families in crisis, having to make life or death decisions about starting or stopping treatment. Most have never had discussions with their loved ones about their wishes. Kudos to you Yvonne, let’s get this vital conversation started!”

Corinne MacNab, Renal Social Worker

A GLIMPSE OF YVONNE IN THE MEDIA

- [TEDx Talk March 2019](#)
- Roger’s TV, Orillia—[Real Life Talks with Yvonne Heath](#), television series
- [TVO The Agenda](#)— 2016, Toronto, ON
- *This Week in America Radio Show*—(Returning Guest x 4)
- [Hunters Bay Radio Series #IJustShowedUp](#)
- *CFOX Radio*—Interview, Vancouver, BC
- *Global News* [2017](#) / [2018](#)
- *Zoomer Magazine*—July 2016, pg. 74-75, Toronto, ON
- *KAHI, AM 950*—Interview with Mary Jane Popp, Sacramento, CA
- *TVCOGECO*—*Love Your Life to Death* television series
- Global Influence Summit - Speaker
- *RNAO (Registered Nurses of Ontario)*—Article

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BOOK YVONNE

*Inspiring, Energetic, Authentic!
Empowering Professionals, Educators, Influencers and Communities.
Her expertise will impact you in ways you never thought possible!*

Contact Information:

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Join the Movement:

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Instagram @loveyourlifetodeath



Yvonne and her family are loving life in *Magical Muskoka*; hiking, swimming, biking, and just spending time together.

***Plan your life, plan your death,
then just... Love Your Life to Death.
And always, bring your own
tambourine to the party!***

