

Dr. Tara Lantz, ND
CAND Board Director nominee profile

I wish to be elected to the CAND Board of Directors because I feel it provides a unique opportunity to both contribute to and learn about the regulatory side of the profession, while connecting with other NDs, health care professionals, and members of regulatory bodies and associations.

I feel my passion for the growth and development of naturopathic medicine in primary care in Nova Scotia, the Maritimes, and across Canada would provide a positive contribution to the CAND Board of Directors. I have excellent reading comprehension skills, which I believe help me maintain an impartial and objective point of view for some of the challenges that face our profession (ie. media reporting, understanding the important role of regulatory bylaws and advertising guidelines, etc.).

In addition to work experience in naturopathic medicine, I have experience managing staff in the service industry and working in university chemistry labs. These positions have helped me develop good listening and communication skills and I work well both independently and as part of a team, with meticulous attention to detail when it is required.

Being keenly interested in bipartisan politics and social concerns, I stay current and up to date in health care and political situations in both British Columbia and Nova Scotia, as I'm originally from BC and have a very large network in the province.

I am a 2011 graduate of the Boucher Institute of Naturopathic Medicine and hold a BSc in Chemistry (summa cum laude) from Saint Mary's University in Halifax, 2003. I have been licensed by the CNPBC since 2011, and am a registered member in good standing with NSAND since 2013, and CAND since 2011.

I spent my first two years of practice in Downtown Vancouver, before returning to Nova Scotia 6 years ago. This has given me a thorough understanding of practice in both regulated and unregulated provinces, provinces with and without prescribing rights, and urban and rural areas.

I am currently in practice in both rural and urban Nova Scotia, with a practice in Mahone Bay, on the South Shore of NS, and in Halifax at the Floatation Centre. The Floatation Centre was the first sensory deprivation/floatation hydrotherapy centre east of Montreal when we opened 4 years ago. I also hold a contract position at the Floatation Centre as the Wellness Coordinator, helping to manage the wellness services.

During my time in practice in Vancouver, I was a volunteer member of the CNPBC Quality Assurance Committee, attending committee meetings and assisting in

practice investigations for issues to be sent to the Inquiry Committee. I am currently a member of the Public Relations Committee for NSAND.

Thank you for taking the time to review my application and considering me for the position.



Nomination for Board Director of the Canadian Association of Naturopathic Doctors

Call for Nominations

As per Section 4.03 – Nomination, of the CAND by-laws, we are providing the opportunity for CAND members to put forward nominations to the CAND Board of Directors for election at the upcoming Annual General Meeting on June 8, 2019. We are seeking nominees to fill two Board Director positions. Seven current Board Directors serving as representatives from British Columbia, Alberta, Manitoba, Ontario and Nova Scotia have continuing terms. Two Board Directors who have completed their term will be standing for re-election. Nominations are open to all members. In accordance with the CAND by-laws all nominees will be required to commit to a three-year term.

Members interested in standing for election can be nominated by a CAND member in good standing or by a constituent association. Nominees must be a member in good standing with the CAND. Nominations must be received by May 8, 2019, addressed to the Nominations Committee c/o the CAND office, 20 Holly Street, Suite 200, Toronto, Ontario, M4S 3B1, and can be e-mailed to nominations@cand.ca.

Nominees are asked to provide a nominee profile (500 words or less) along with a completed nomination form (below). The profile should include:

- Why you wish to be elected to the CAND Board
- Attributes or skills you would bring to the position
- Current employment and/or practice
- Educational background
- Past or present participation with any professional body.

Nomination Form

I nominate the following individual for election to the CAND Board of Directors:

Name of Nominee:	<u>Dr. Tara Cant, ND.</u>
Signature of Nominee:	<u>[Signature]</u>
Name of Nominator:	<u>Dr. Sandra Murphy, ND</u>
Constituent Association (if applicable):	<u>NSAND.</u>
Signature of Nominator:	_____
Date:	<u>May 7, 2019</u>