I was born in Lloydminster AB/SK. I completed a BScKin & BEd at University of Calgary, MD & Global Health Certificate (Indigenous Stream) at University of Saskatchewan, and Rural & Remote and Northern & Indigenous Health Family Medicine Residency in La Ronge, SK. I am a GP at Westside Saskatoon Community Clinic and La Ronge. I have 1 kiddo, Geneva. I enjoy running & music production. I am Métis.