



SEW SMART: THE ERGONOMICS OF HEALTHY QUILTING WITH ROSE PARR

"Healthy Quilting combines two of my passions; healthy habits and smart sewing. Offering practical tips on studio set-up, ergonomic sewing solutions & stretches for quilters." Rose Parr

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TRAINING

On Track Safety Solutions
Office Ergonomics Training

University of Guelph, Kemptville Agricultural College
Home Economics Diploma
Nutrition and Risk Management Diploma

Can-Fit Pro
Certified Personal Trainer
Older Adult Specialist

Canadian School of Natural Nutrition
Registered Holistic Nutritionist

EXPERIENCE

Wellington Wellness
Owner/Operator
Personal and Corporate Health and Wellness and Training
2005 – Present

Employee Wellness Solutions
Consultant
2014-1017

Gull Lake Quilts / Guelph Longarm Quilting / Healthy Quilting
Owner Operator
Longarm Quilting Service, Motivational Speaker
2017 - Present

OUTREACH

Quilts Of Valour – Canada
2017- present

