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Local Author, Advocate, and International Speaker Wins Prestigious Award



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The Founder of Footprints, Blaise Hunter, won the Health & Wellness Award at the Cold Lake Women of Influence Awards on March 8th. With over 100 nominations and 61 women

nominated for 8 categories the event took place at the Cold Lake Energy Centre on International Women's Day.

Blaise formed the Footprints: Infertility & Pregnancy Loss initiative to start a conversation and infuse empathy into a subject that has been taboo for so long. "I am extremely honoured to be recognized for my efforts with this

initiative," said Hunter. "No longer do we need to suffer in silence and feel alone. It is time to start addressing infertility and loss as a mental health issue and not just a medical one."

The author of *Heroine: Embrace Your Flaws & Own Your Awesome* writes about her three miscarriages and is an advocate for getting loud about infertility and pregnancy loss. "I wrote my book to help me and others heal emotionally from the trauma infertility and loss can have on one's life," Hunter explained. "It has become so clear to me a support group is needed in the area for women and men. I approached The Dragonfly Counselling and Support Centre with the idea and a beautiful partnership was formed."

Hunter facilitates monthly support group meetings at The Dragonfly Centre for men and women. The next meeting is set for Monday, March 25th at 7 p.m. and is open to everyone from all over the Lakeland.



Photo by the Bonnyville Nouvelle



Director of the DCSC, Cheryl Bujold, is ecstatic this program is being well received. “It’s so important to give these women’s/family issues a voice. Blaise saw a need and has succeeded in creating supports that are accessible to families in our underserved communities.”

Hunter is also working with the doctors at the Bonnyville Health Centre on improving the protocol when moms and dads go through a loss. Her hope is to secure funding so her Footprints patient care support bags will be given out the moment the trauma happens.

Hunter has been taking her Heroine Movement global. She is currently touring with One Woman International and its Fearless Women’s Summit. She spoke on the same stage as Thando Dlomo who was part of the first graduating class of the Oprah Winfrey Leadership Academy. Her message of being the Heroine of your life is touching lives across North America. Hunter was in Los Angeles and Las Vegas in February and is heading to New York City on March 16th. “This is my Breathe Fire Tour,” Hunter explained. “I started the tour in the US but I will conclude it in Edmonton on June 22nd with the Fearless Women’s Summit. My mission is to lead a charge of women all over the world knowing their worth and breathing fire. This award just fuels my fire.”

Seeing a need in the community, Blaise has developed an infertility coaching program. “I am not here to give advice on how to get pregnant but rather how to find peace amongst the pain,” said Hunter. “I know pain and I know there is a way to find light in the dark and I am offering my hand to men and women to join me so we can find the light together.”

The coaching program will be launched in April and available online through her website

www.blaisehunter.com

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