

Heather Couture

When Heather is not directing creative projects through her communications and design practice, she is fostering the hoopdance community in southern Ontario by hosting meetups, performing and instructing students of all ages. Heather has a passion for making things from handmade soap to embroidered treasures. She enjoys having the skills to make things and loves to teach others.

After the devastating loss of her life-partner Brad to suicide two years ago she held on to these simple words: keep moving. Since Brad's death, Heather has continued to hoop her heart out, received a certificate in Bereavement Education at the University of Toronto and continues to volunteer with women and children in her community.