



## Member Profile

Liz Gabison

By Katherine Abraham, Hons. BA



Liz Gabison is no stranger to working hard, as anyone can see from her impressive list of credentials. Degrees from both the University of Toronto and York University are just a drop in her educational bucket.

From an outside perspective looking in on Liz's career so far, you might think she's not one but many people! While maintaining her own health management business, Vali Health Solutions, Liz also works as a rehabilitation consultant of absence management with Standard Life Assurance, she is in clinical practice at both Healing Family Chiropractic and Balance Integrated Health, and she works as a peer assessor for the College of Chiropractors of Ontario.

As well as being on the practice committee for CVRP, Liz is an active

member of VRA Canada. "VRA keeps me informed of potential employment, and continuing education requirements and opportunities. It helps to keep me connected to the profession," she confessed.

As if Liz's schedule wasn't already entirely full, not only is she completely dedicated to her career helping others, she's also a committed supporter of the Toronto People with AIDS Foundation (PWA). Liz became involved with PWA in 2012 after several friends and colleagues convinced her to participate in the foundation's annual cycling event. Each year, since 1999, PWA hosts the Friends for Life Bike Rally, which clocks in at approximately 660 km and runs from Toronto to Montreal. Liz is an active person but recalls "With the exception of the odd spinning class, I had not cycled since I was a kid. I started cycling specifically to train for this event."

The goal of the rally, now in its 15th year, is to raise money and awareness for the Toronto People with AIDS Foundation. The inaugural rally had 25 participants and raised a total of \$45,000. To date, the event has had over 4,000 participants, 90,000 donors, and has raised a cumulative total of more than 10 million dollars over the past 15 years! This year, the rally is expected to include 500 riders and crew, and aims to surpass last year's fundraising total to bring in more than \$1.4 million.

A Toronto-based foundation established in 1987, PWA is the largest provider of direct services to people living with HIV/AIDS in Canada and serves

over 2,400 clients across the greater Toronto area, each year. "The services offered range from direct financial benefits, access to medications, help in obtaining benefits and housing, food bank and nutritional support; to complementary therapies crucial to addressing the side effects of anti-HIV medications," informs Liz. PWA also specializes in personal development workshops, social programming, and prevention education all in an effort to advocate against the stigma associated with the HIV infection.

For most people, the idea of tackling a 600 km drive can be daunting, let alone more than 600 km, over six days, on a bike! But Liz takes the challenge one step (or pedal) at a time. By adding the Toronto People with AIDS Foundation and its cause to her already extensive list of activities—which includes fundraising for autism awareness and Camp Ooch—Liz continues to commit her life to helping others, from vocational rehabilitation to multi-day bike rallies.

Liz, along with an estimated 499 other riders, will wave goodbye to Toronto and begin the trek to Montreal on July 28, 2013. Along with raising awareness, Liz is raising funds for the foundation. Donations can be made by searching Liz Gabison on the [www.bikerrally.com](http://www.bikerrally.com) website. ☺

If you would like to learn more about the Toronto People with AIDS Foundation and their schedule of events, including the Friends for Life Bike Rally, please visit [www.pwatoronto.org](http://www.pwatoronto.org).