



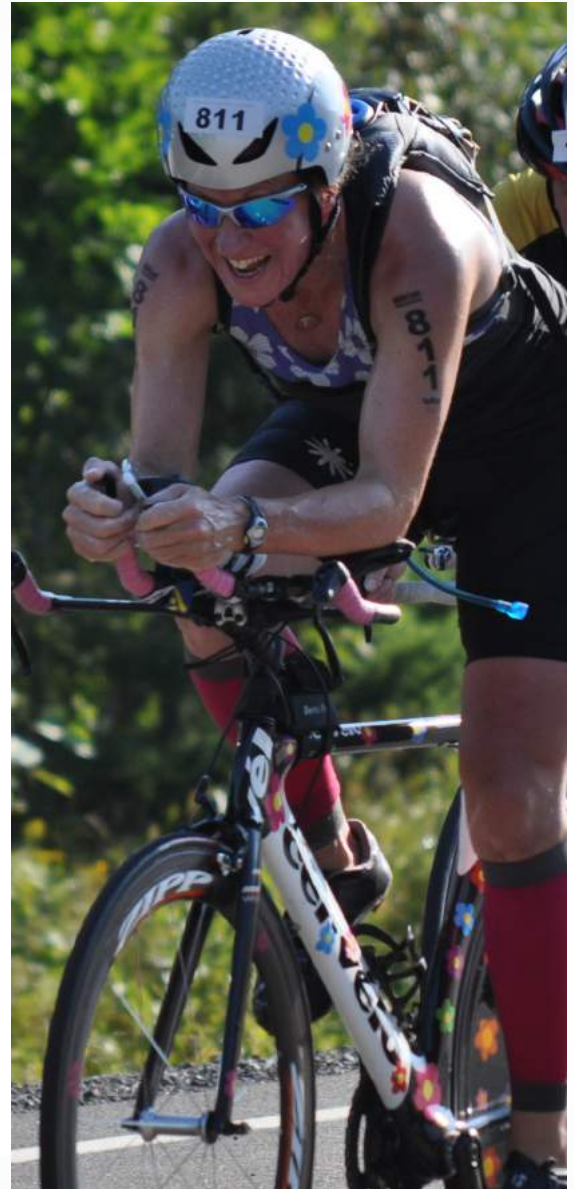
Paula Van Nostrand, RN

Giant Steps

Paula van Nostrand is a Registered Nurse. Originally from the North-East of England, she now lives and works in Toronto.

A former couch potato turned triathlete, Paula knew that there was something wrong with her health. 10 years ago, after several years and multiple visits to her G.P. and 8 specialists Paula was finally diagnosed with a rare endocrine disease.

She now shares her story to encourage people to be physically active, spread awareness and give hope to patients enduring this disease



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