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Sasha Lipskaia is a health coach at sanoLiving, Canada's only national digital health platform for women's midlife care. She draws on her extensive experience in coaching around mental health and mindset, human performance optimization and intuitive leadership to redefine how women receive effective health care services, addressing long-overlooked gaps in midlife care. Sasha is thrilled to be supporting sanoLiving's mission to transform the landscape of women's health, while leveraging their midlife experience to empower women to thrive and achieve their goals by optimizing their potential, longevity and performance. She holds a master of arts degree in communications and media studies from Concordia University. Sasha is an ICF-certified mindset and wellness coach as well as a Precision Nutrition coach. She is also a board-certified master health coach through the Primal Health Coach Institute.