



Catherine (Cath) Blythe

Bachelor of Nursing, Family CHN, RN, RM (Australia)

Cath earned her nursing degree in 1997, and went on to gain extensive community based experience as a midwife in rural & remote western Australia. Her passion for family health then led her to community-based child health nursing focusing on preventative health education. Cath also has a background in facilitating many different groups including prenatal and early parenting education. She is passionate about teaching parents and children, and is excited to bring her experience to the Saleema Noon Sexual Health Educators team. Now based in North Vancouver, Cath can be found practicing what she preaches. Committed to her “stay fit and healthy” philosophy, she is an avid runner and hiker of the North Shore trails and mountains and makes this a part of her day-to-day life. Her motivation? Being a good role model for her three beautiful daughters, Nikki, Jaime and Jenna.

Smart decisions start here.

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