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Kate Milne is a healthy aging specialist, a health promoter, a Clinical Exercise Physiologist (CEP) and a community-based researcher. She holds a masters degree in health studies and a master of science degree in kinesiology. Kate has co-authored multiple peer-reviewed publications that analyze simple lifestyle strategies for enhancing the well-being of women in midlife and beyond. Her previous career in disability management and vocational rehabilitation also provides her with a unique perspective on the most effective health interventions in the workplace. Kate's career is dedicated to empowering individuals, supporting populations, and facilitating employers to leverage the aging workforce through actionable strategies that improve retention and recruitment. Her expertise enables her to address the unique challenges organizations face as they approach the increase in older workers and a shrinking labour force. Beyond her speaking engagements, Kate actively collaborates with corporate organizations, government and policymakers to shape the future of the aging population. Her commitment to fostering age-friendly environments and improving workplace health has earned her recognition as a thought leader in the field.