



Julia Vallance, B.Sc.N., R.N.

**Program Manager
Red Deer Primary Care Network
Red Deer, Alberta, Canada**

Julia Vallance is the program manager, focusing on mental health, for Red Deer Primary Care Network (RDPCN). She is currently working with a grant that includes the development and spread of several workshops developed by the RDPCN team to the province. Integral parts of this role include health promotion, connecting with other primary care networks and promoting these programs as well as supporting and connecting different primary care networks to collaborate on new ideas for program delivery. Vallance has been working for 15 years as a registered nurse in both rural and urban settings. The last nine of those years have been dedicated to working with chronic disease and health promotion in a family practice clinic and working with the vulnerable street population in a similar setting.