

Becky, a Calgary participant in the Tomorrow Project, speaks to us about her experiences. Becky joined the project in 2004 and then re-enlisted in the national study in September 2009.

1. **Why did you join the Tomorrow Project?** I really like the idea of trying to help people – and someday it might help me as well as others. How we live our lives impacts our health. Knowing how to live a better life is important.
2. **How did you find the process?** Everyone was very patient. They would send out the questionnaires and I would forget about them (or put a pile of papers on top of them) and then they would send out little friendly reminders. I appreciated their patience with me and their respect for my time. The procedure at the Holy Cross was great as well.
3. **Would you recommend that others sign up?** Yes, absolutely.
4. **What keeps you busy in Calgary?** I am a Manager of Customer Service at Scotia Bank.
5. **What do you enjoy doing when you aren't keeping busy at work?** I like to read, do light gardening, and walk. I have one son who is 26.
6. **Any recent news you would like to share?** I just went by myself on a driving trip to Oregon for 12 days. I researched all the things I wanted to see and had an amazing time.