

## My Bio

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### MY FAMILY & MY MOTIVATION

I was born in Ottawa Ontario and at the age of 12 I decided to play football in the hopes of obtaining a football scholarship. Years later, I received a football scholarship and I headed out to Weber State University in Utah where I pursued my engineering degree while playing football.

After graduating, I was drafted to the Canadian Football League in the 1st round which led to a 5 year career and two championships. Upon leaving football due to injuries, I worked in many industries involving management, trades, and sales to broaden my experiences. I enjoyed working with a diverse group of people who had different mindsets.

In 2009 I married my beautiful wife Joana and together we now have 3 beautiful daughters. My aim is to show them what is possible when you work to achieve established goals by being dedicated to discipline, task, efficiency, and time management. I would also like to use my experiences to help others as I continue to expand my horizons.

Fast forward to November 14, 2019, months before my 40th birthday. I found myself in unfamiliar territory surviving a heart attack. Upon discharge from the hospital, it was clear that my daily life regimen was about to change. Taking daily medication that was dependent for my survival was number 1. After searching relentlessly for a product that would remind me and help keep me accountable, it was evident that nothing existed. I talked to some caregivers only to hear horror stories of patients receiving the wrong medication that ended up fatal only because of the archaic system that was being used. This issue was not only something that could help myself but an entire industry. I was determined to create the solution and help change lives.

Osmose was born!

