

Rose Parr, rose@healthyquilting.com 1(519)241-1371 EST, 136 Palmer St., Guelph, ON, Canada, N1E 2R4

Biography: Rose has been sewing for 40 years, quilting for 30, and personal training for more than 15. She holds certifications in:

- Ergonomics
- Holistic Nutrition
- Arthritis Pain Management
- Home Economics
- Personal Training

She lives in Guelph, Ontario, Canada with her husband David. Their claim to fame is having run an illegal daycare operation when they had four children under the age of four. Now that's efficient.

Rose enjoys speaking to quilt guilds both virtually and in-person. She is a professional longarm quilter and a regular contributor to Canadian Quilter Magazine.

Her book " Sew Healthy & Happy, Smart Ergonomics, Stretches & More for Makers" is now available to pre-order from Amazon.

Photo:



Introduction: Rose has made it her mission to work at staying pain free while continuing to sew for as long as possible. She has combined her studies in home economics with her certifications in ergonomics, fitness, wellness, and nutrition to teach others how to sew smart. Rose lives in Guelph, Ontario, Canada with her husband, David.

Lecture title /description: Sew Smart – The Ergonomics of Healthy Quilting

Rose shares her expertise on how to sew smarter, healthier, and happier. Quilting shouldn't be a pain in the neck! This presentation will make sure you have the right posture, techniques, and stretches when putting in those dedicated hours on your next project.