



**Faiza Abdulla**  
**Owner/Executive Director**  
**Kingsway Health Centre**  
**The Kingsway Travel Clinic**  
**The Kingsway Rejuvenation Centre**  
**The Healthy Performer**  
613-692-5433  
[abdulla.faiza@rogers.com](mailto:abdulla.faiza@rogers.com)

My professional journey began as a dental assistant which evolved into medical nursing when I married my husband in 1994. We bought a small family medical practice in west end Toronto. I was the nurse, secretary and business manager, mother of a 1-year-old, chief cook and bottle washer. Eventually, I realized that we were working too hard doing the same things repetitively so, out of necessity, I became a BUSINESSWOMAN. First, I hired more staff and doctors, and showed my doctor-husband to work smarter, not harder. I grew the clinic to over 10 employees, took more holidays, had more kids, moved to Ottawa in 2004, started another 3 practices (family medicine, walk-ins and a sports medicine facility), introduced an electronic medical system, fought cancer with our youngest child, started my MBA multiple times, bought our family home, nursed my mother after her stroke, and sold two of our practices, all while still happily married to the same man!! I am presently balancing my responsibilities at the practice, while preparing to write my Travel Medicine Exam, raising my 3 beautiful children and doing volunteer work for the Elmwood School Board, Make-A-Wish Foundation and others.