



Elizabeth (Liz) Lofts, Nurse Practitioner

I am honoured to be taking over for Francoise Juneau as Nurse Practitioner at the Esquimalt Nation Community Health Clinic. I look forward to getting to know the community members, families, and staff at Esquimalt Nation in the coming months.

I was born and raised in Sooke and have since lived in and around the Victoria area; raising my own young family here. I received my Bachelor of Science in Nursing at the University of Victoria in 2010 and went on to complete my Masters of Nursing: Nurse Practitioner at Athabasca University in 2015. I spent a year on the mainland in primary care before returning to Victoria and working in Seniors Specialty Services for the last four years.

I am passionate about preventative and holistic health care and look forward to working with families and individuals in the community. I believe it is important to take the time to build relationships with all my patients in order to create a safe space and therefore enable people to actively engage in their own health and wellness.

In these difficult times, I may not be able to meet you all in person, however, I am available by phone or virtual health at any time during the week. Please leave me a message through the Cool Aid Clinic at (250)385-1466, or by contacting staff at the Health Clinic, to book an appointment Mon-Fri. I look forward to the time that I will be able to meet with you all face-to-face! I encourage you all to stay strong, and practice good hygiene and social distancing to keep yourselves and loved ones safe!