

Lisa Browning

Lisa founded One Thousand Trees in 2010, with the publication of the first issue of a monthly online magazine of the same name. That magazine was discontinued in September 2020, after ten years and 120 issues. Lisa is now focusing the majority of her time and energy on Roots & Wings (mental health awareness and empowerment through creativity). No matter what she does, Lisa is inspired to make a difference in this world, to empower others, and help them realize their passion, through telling their story and speaking their truth. She was honoured as one of the Guelph Y's Women of Distinction in 2018.