



Millicent Prince

Mortgage Agent at Centum Lending and Mortgages Corporation

Based in Ontario, Canada, Millicent Prince is a former mortgage broker with a career in the financial services industry. A client-focused professional, she was a top-producing agent in 2017, 2020, and 2021 with Mortgage Architects, one of Canada's largest mortgage broker brands.

As a former mortgage broker, Millicent helped clients secure a home loan that best suited their needs and streamlined the entire process. She assisted in evaluating a client's financial situation, credit score, and borrowing capacity. Millicent learned her clients' goals, whether they wanted to purchase a new home, refinance an existing house, or consolidate debt. She worked diligently to find competitive loan options for her clients, presenting them with products that fit their needs. Millicent Prince, the mortgage broker, assisted with completing loan applications and gathering the required documentation.

Passionate About Fitness

Millicent is an avid fitness and sports enthusiast, committed to physical activity, health, and athletic pursuits. She is a self-proclaimed Pilates aficionado. Millicent loves the unique combination of physical and mental benefits that Pilates provides. Pilates allows Millicent to

focus on strengthening her core and improving her posture, balance, and stability while simultaneously reducing the risk of injury. With Pilates, she improves her flexibility and gets a low-impact, full-body workout. The practice of Pilates also emphasizes mindfulness, as it requires concentration, controlled breathing, and executing movements properly. Pilates gives Millicent the space for mental clarity and a meditative aspect to working out.

She enjoys the supportive, community-based environment of Pilates classes. It is also the perfect complement to Millicent Prince's other sports and fitness activities.

Competed in Bodybuilding Shows

Always athletic, Millicent Prince, mortgage broker, competed in bodybuilding shows under the Canadian Physique Alliance (CPA), the only governing bodybuilding, physique, fitness, figure, wellness, and bikini organization associated with the International Federation of Bodybuilding & Fitness Professional League (IFBB). She competed for 10 years in professional shows throughout Toronto as well as in the Winston classics.

Bodybuilding enabled her to improve her strength, endurance, and overall physical performance. The regular training involved with bodybuilding was attractive to Millicent as it allowed her to improve her cardiovascular health, bone density, metabolism, and joint health. With bodybuilding, Millicent gained detailed knowledge of nutrition and a deep understanding of the body's muscle groups, biomechanics, and recovery techniques.

Competing in bodybuilding fits perfectly with Millicent's approach to life, as it requires consistency in training, diet, and lifestyle and a strong sense of discipline and focus. It also affords her the ability to inspire others by sharing personal achievements and becoming a role model for health and fitness.

A Former Varsity Basketball Player

Millicent's passion for fitness and athletics has always been integral to her life. She was a varsity player with the Rams Women's Basketball team from 1988 to 1992 while a student at Ryerson Polytechnical Institute (now known as Toronto Metropolitan University—TMU). She graduated from Ryerson with a BSc in Environmental Health.

Traveling: Another of Millicent's Passions

Traveling the world is Millicent's other great passion. She enjoys meeting new people and learning about different cultures, customs, traditions, history, and art. Millicent also likes experiencing new and various culinary delights.

Traveling enriches Millicent Prince's life profoundly and personally, providing her with adventure, exploration and discovery, relaxation, and personal growth. She gets to witness breathtaking landscapes—from mountains and forests to oceans and deserts – throughout the country and abroad.

An Advocate of Women's Health

Millicent served as the president of the board of directors of Women's Health in Women's Hands (WHIWH), based in Toronto, Canada. WHIWH is a community health center dedicated to supporting racialized women in Toronto and the surrounding areas. The center's expert primary health care team specializes in addressing the unique health and wellness needs of racialized women, with a particular focus on those from African, Caribbean, Latin American, and South Asian communities. Designed to overcome the barriers that can prevent women from achieving optimal health, its services are fully accessible and inclusive. The multidisciplinary team includes physicians, registered nurses, health educators, community health workers, counselors, mental health therapists, and other specialized professionals committed to comprehensive care.

WHIWH's multidisciplinary services include primary medical care for all women from the age of 16, mental health support programs with individual and group counseling, self-advocacy programs, health promotion, education programs, Pre and Post Natal Care programs, HIV-AIDS Prevention, Support and Care, healthy living activities, support groups, supportive self-care activities, and a resource information center. Its mental health counseling services employ a feminist, woman-centered approach to provide short-term counseling, group sessions, and workshops to women from its priority populations.

The board of directors, including when Millicent Prince served as president, sets the policies of the WHIWH. The general membership has an opportunity to provide input into policies. The board is comprised solely of target group members.