

Florence (Flow) Elizabeth Simpson

After a week at a yoga retreat, head stands and all, 82 year old Florence Simpson suddenly fell ill. Following a roller coaster week in the Royal Jubilee, compounding complications became too much and she left her body peacefully holding her family's hands on September 22, 2016.

Born February 8, 1934, Flow was a life-long Victoria resident and a talented hairdresser and entrepreneur; she ran Empress Hair-styling and a hair school on Fort for decades. Inspired by her extensive world travels and the teachings of the AA program, yoga, and Mother Teresa, she dedicated her life to helping others and touched the lives of countless people sharing her secrets of life and health.

Beloved mother to Dana, David, Andre and Benita, and cherished "Nana" to Teresa, David, Kelsey, Mason and Malcom, Mick and Matt, with countless friends as close as family.

Her bright eyes, determination, adorable humor, endless stories and life lessons will be deeply missed. It was too soon for everyone, as she lived a remarkable, healthy life but she went out on a high note and gratefully without pain and suffering. Thankfully, she shared many words of wisdom with her family to help cope with this immense loss – one day at a time, this too shall pass, the serenity prayer...

A celebration of her life will be held on Friday, October 14, at 10am at McCall Gardens in Royal Oak, 4665 Falaise Drive.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com