

THORNE-THOMSEN, Marie Nicole



Passed away peacefully, surrounded by her family, on Tuesday, September 16th.

She is survived by her beautiful daughters Kate Kim and Ali Ray, her parents Rickart and Jeannette Thomsen (nee Pietersz), her siblings Inge (Rick) Pudelek (nee Thomsen), Patrick (Camille Kowalewski) Thomsen, and Sharon Thomsen, her loving nephews Willem, Maximilian & Roman Pudelek, and Oliver & Wesley Thomsen.

Biography - Nicole was born and raised on the island of Curacao. Curacao was never far from her heart. We reminisce on the last 22 months that she got to visit Curacao three times and would have loved to make it another few.

Nicole spent over 30 years dedicating her life to transforming women's health. Her love affair with movement and health began early - in her basement at the age of 12, where she enthusiastically followed Jane Fonda and Cher workout videos. She spent her career building on her knowledge of the importance

of strength training, culminating in one of her ultimate goals of becoming an author with her Pelvic Floor Secrets program.

Nicole's greatest achievement of all was raising two amazing young women, Kate and Ali. She was a committed mother who did everything for her girls, from warily watching Kate's wrestling tournaments to braving the frigid hockey arena to cheer Ali on, even in her final days.

Special thanks to all the doctors and nurses who helped Nicole through her care journey.

Visitation will be held at the Erb & Good Family Funeral Home, 171 King St. S., Waterloo on Saturday September 20, 2025 from 1 - 3 p.m. The funeral service will follow in the chapel of the funeral home at 3:00 p.m. followed by a reception in the Fireside Reception Room.

A livestream and recording of the service will be made available on Nicole's tribute page at www.erbgood.com

Cremation will have taken place, and a private family interment will be held at a later date.

In lieu of flowers, condolences for the family and donations to the Canadian Cancer Society, for early cancer detection, may be arranged through the Erb & Good Family Funeral Home, 171 King Street S. Waterloo at www.erbgood.com