Heidi Foster has a M.S. degree in Thanatology, the study of death and dying, and Grief Counseling plus is a Certified Grief Counselor. She has worked in hospice for the past 15 years as a Bereavement Coordinator/Grief Counseling and is currently the Director of Business Development for Regional Hospice.

Heidi and her husband Tim have been married for 33 years. They have three children and four grandchildren.