



Introduction for Andrea Holwegner

We all know that we should eat healthier.

But... we also know that *chocolate* is far **better** than broccoli.

Our next speaker has ran a successful nutrition consulting practice for almost a decade,

counseled team Canada Olympians,

is a media spokesperson for the Dietitians of Canada...

and is a die hard *chocoholic*.

Please welcome... ***the chocoholic dietitian...***

Andrea Holwegner (*Hall-weg-ner*).

