



## Andrea Holwegner BSc, RD

Andrea Holwegner, the “*Chocoholic Dietitian*” is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. Andrea is a regular guest on Global News-Morning, CITY-TV’s Breakfast Television, and a regular writer for CBC News Online. She is an inspiring professional speaker who captures audiences with a buzz that’s better than caffeine with simple nutrition and lifestyle ideas to look and feel your best every day. Combining lessons learned from counseling hundreds of clients plus her work with Olympic athletes, Andrea will show you the recipe for success is learning how to enjoy guilt-free eating and balance ALL foods!

