



Introduction for Andrea Holwegner

Andrea kindly asks that you read out the following introduction exactly as is. Thanks for your help with this!

We all know that we should eat healthier.

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

Our next speaker manages a team of dietitians at her Calgary nutrition consulting practice since 2000, has counseled Team Canada Olympians, and is featured almost weekly in the media.

She is a sought after expert regarding nutrition strategy for groups such as Chevron, the Alberta Government, Jugo Juice, AG Foods and BrightPath Early Learning.

She is a “foodie,” loves playing in the dirt in the vegetable garden she grows with her son... **AND** is a die hard chocoholic.

Please welcome... ***the chocoholic nutritionist***...

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



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Take a stand.

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