



## ANDREA SHACKEL

BSc., Certified Diabetes Educator, SCOPE Certified,  
Registered Dietitian / Nutritionist

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### Location:

Terwillegar Community  
Recreation Centre  
2051 Leger Road  
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## About Me

Growing up in an agricultural family in rural Manitoba, I had always had an interest in food and an appreciation of where it comes from. After being a Registered Dietitian for over 10 years, a Certified Diabetes Educator and now SCOPE certified for weight management my interest in nutrition and food has continued to evolve and grow.

I have come to realize that being a Registered Dietitian is looking at not just what we eat but the bigger picture. Food is delicious, food can be therapeutic, food is complicated and messy, food is a part of our culture and passed down from each generation, food is enjoyment and social and part of an emotional roller coaster. Learning how to recognize our relationship with food and how complex it can be, allows us to understand our ability and unlock our potential to move forward with our health goals.

I am honoured to be a part of this amazing team at Revive Wellness and to be able to offer unique opportunities and services to all clients.

## Area(s) of Specialty:

- Diabetes Management
- Chronic Disease Management
- Emotional Eating
- Healthy Weight Management
- Prenatal and Post-Partum Nutrition
- Child Health and Nutrition
- Family Nutrition
- Meal Planning and Preparation
- Eating to Energize



## Revive Wellness Inc.

Revive Wellness has provided evidence-based wellness coaching to individuals and corporations in Western Canada since 2006. At the individual level, we work one-on-one with our clients (or in group settings if preferred) to help them reach their goals. Our approach to wellness focuses on whole body health, encompassing the three key elements to self-care:

### Mindfulness Nutrition Fitness

We are committed to meeting our clients where they are at in their wellness journey, empowering them to engage their mind, fuel and move their body with strategies that produce results. We are committed to improving the mental and physical wellbeing of each and every one of our clients. By using validated strategies along with a proprietary digital program, My Viva Plan®, we offer the most comprehensive and customized program in the industry.

We are passionate about what we do and want to help people truly take charge of their health. Edmontonians matter. YOU matter.