



## RAINA BEUGELINK

BSc., RD Registered Dietitian / Nutritionist

### Contact:

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### Location:

Clareview Community  
Recreation Centre

3804 139 Avenue NW  
Edmonton

## About Me

At the start of my career I was interested in health and wellness, and I knew the impact that food could have on one's energy, vitality and overall health. I quickly realized I was passionate about helping people find their "ah ha" moment and empowering them to choose foods that nourished and fueled their body.

As we grow and mature, we develop an intricate relationship with food, sometimes very positive and sometimes a little more negative. Working with someone to define (or redefine) their relationship with food and speak the truth about their health is something I feel both passionate and privileged to do.

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## Area(s) of Specialty:

- Shift Work
- Prenatal and Post-Partum Nutrition
- Nutrition Support During Lactation
- Child Health and Nutrition
- Family Nutrition
- Meal Planning and Preparation
- Healthy Eating
- Healthy Weight Management
- 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.