



## KATRINA DUBOIS

BSc., RD Registered Dietitian / Nutritionist

### Contact:

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### Location:

Commonwealth Community  
Recreation Centre

11000 Stadium Road  
Edmonton, Alberta

## About Me

I became interested in nutrition at a very young age and was fortunate to know by high school that I was destined to become a dietitian. It was a natural fit for me, as I love cooking, love the science behind human nutrition, and most importantly, love helping people.

My passion is helping others improve their quality of life through nutrition, whether it is by accomplishing long term weight loss, identifying individual food intolerances, or by finding peace with food again.

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## Area(s) of Specialty:

- Gut Health (IBS, IBD)
- Meal Planning and Preparation
- Healthy Eating
- Eating to Energize
- Healthy Weight Management



## 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.