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 Nutrition Coaching...
"because life can
get in the way of
the best intentions."



About Ramona

Ramona Josephson RDN B.Sc Hons Dip Ther Diet is recognized nationally as one of Canada's leading nutrition experts. She has devoted her entire career to creating innovative ways of turning the complex and sometimes confusing science of nutrition and health into simple, accessible concepts, messages and Turning Points Plans to improve people's health.

Drawing on her experience as Chief Dietitian of Shaughnessy Hospital and Grace Hospital in Vancouver, British Columbia and later as the Executive Director of the BC Heart Health Network, Ramona is also the author of the Canadian best-seller, *The HeartSmart Shopper - Nutrition on the Run* with the Heart and Stroke Foundation of Canada.

Ramona is a frequent media guest and speaker and runs her nutrition coaching practice in Vancouver, British Columbia, Canada. She has won provincial and national awards for excellence in nutrition and health education. She is a member of Dietitians of Canada and the British Columbia Dietitians and Nutritionists Association.

Ramona's client and sponsor list includes: BC Hydro, Canadian Airlines, City of Richmond, Dial-A-Dietitian, Georgia Straight, Healthy Heart Society of BC, Heart and Stroke Foundation of Canada, Investors Group Inc, Jamieson Vitamins, Merck Frosst Canada Inc, Novopharm, Nortel Networks, Parke-Davis, Pfizer, Proctor and Gamble, Revlon, Schering and Shoppers Drug Mart.

