



Debra Wein, MS, RDN, LDN, CWPD

Debra Wein is CEO and Founder of Wellness Workdays, (2004) and has over 20 years of experience working in the health and wellness industry. Debra is also the Program Director of the Wellness Workdays Dietetic Internship, one of the largest nationally accredited programs in the United States, training future Registered Dietitians in the areas of worksite wellness and health promotion, sports nutrition and entrepreneurship and nutrition communications and marketing. Debra holds undergraduate and graduate degrees in nutritional sciences and applied physiology from Cornell and Columbia Universities. She is a nationally recognized expert on health and wellness.

An engaging and dynamic speaker, Debra has presented to the US Coast Guard, the US Navy Seals, the USA Track and Field Olympic coaches, MIT and Harvard Business School, to name a few. Debra has appeared on many of the major networks and cable stations in the Boston area speaking on worksite wellness.

Debra's success has presented her with a variety of opportunities. She is an appointed member of the President's Council of Cornell Women (PCCW), a group of highly accomplished women including Judge Ruth Bader Ginsburg, Janet Reno, Senator Gabriella Giffords, Mae Jemison, Irene Rosenfeld and many others; a member of the Cornell University College of Human Ecology Dean's Advisory Council and on the Board of the New England Employee Benefits Council (NEEBC).

Wellness Workdays clients include New Balance, Brown University, MIT, Cape Cod Healthcare, Putnam Investments, Cabot Corp., United Natural Foods, Columbia Construction and Harvard Business School. Wellness Workdays initiated, assembled the partners and is currently embarking on a research project with the Harvard School of Public Health. The study is currently funded with over \$2.5 million in funds from sources including The National Institutes of Health (NIH) and The Robert Wood Johnson Foundation. The goal is to study the effectiveness of worksite wellness programs on employee health, productivity and ROI.