

Debra Wein, MS, RDN, LDN, CWPD

Debra Wein, MS, RDN, CWPD is the CEO and Founder of Wellness Workdays (2004) and has over 25 years of experience working in the health and wellness industry. Wellness Workdays include clients include New Balance, City of Portland, ME, Turner Construction, Maine Bankers Association, Rockland Trust and Brown University.

Debra holds undergraduate and graduate degrees from Cornell and Columbia Universities and is a nationally recognized expert on employee health and wellness. Focused on education in many formats, Debra has lectured for the US Coast Guard, US Navy Seals, USA Olympic coaches, MIT and Harvard Business School. Debra has spoken about worksite wellness on many major networks and cable stations in NY and Boston and has written articles for Men's Health, Women's Health, Muscle & Fitness and many others.

Debra is a 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, and many others; a member of the Cornell University College of Human Ecology Dean's Advisory Council; and serves on the UMass Amherst School of Public Health and Health Sciences Dean's Advisory Board.

Debra is also the Program Director of the Wellness Workdays Dietetic Internship, one of the largest programs in the country training nutrition students to become Registered Dietitians, including those at the Boston Celtics, Chicago Bulls, Washington Football Team, Minnesota Twins, University of Alabama, Duke University, and Notre Dame,

