BESS BERGER

Registered Dietitian Nutritionist
Media Spokesperson & Brand Ambassador

ABOUT

I'm a registered dietitian nutritionist with more than 20 years of experience specializing in women's health and wellness. I also serve as a media dietitian and spokesperson, partnering with health and wellness brands to share evidence-based, approachable nutrition messages. My media work includes on-air interviews, print features, speaking engagements, and social media collaborations. Whether I'm working one-on-one with clients, developing corporate wellness programs, or representing a brand, my goal is to make nutrition practical, empowering, and engaging.

2K

MONTHLY VISITS

nutritionbybess.com

~2K

FOLLOWERS

@nutritionbybess

~1800

EMAIL SUBSCRIBERS

bess@nutritionbybess.com

AS SEEN IN

CelebWell yahoo! healthline SHAPE GREATIST Eat This, Not That! EVERYDAY HEALTH LIVESTRONG.COM

MEDIA

I am available for on-air broadcast and print media interviews. I will bring personality, engagement, and tailored educational content to your platform.

SPOKESPERSON & BRAND PARTNERSHIPS

I will help health and wellness focused brands inspire and communicate their message to the public. Possible sponsorship may include speaking engagements, healthcare toolkits, social media, webinars, content development, and representing brands at expos and in media.

CORPORATE WELLNESS

I will collaborate deliver and wellness messages to your team. Iwill present wellness in an achievable way to your employees through speaking engagements, webinars, and other forms of programming.

CONTACT

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