



Elizabeth Aldrich

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www.RestoringEssence.com

www.ForHerInformation.com

Qualifications

***Media Company Founder Owner, Producer and On-Air Personality
And
Certified Integrative Health Counselor and Nutrition Coach***

Objective

To develop, produce and edit high-quality, high-integrity television segments and episodes for national television-utilizing my creativity and experience.

Training and Education

Christopher Newport University, Newport News, Virginia

B.A. English/Journalism with an emphasis in television production and writing, 1987

Kent State University, Kent, Ohio

Study of Broadcast Journalism and Dance

The Institute for Integrative Nutrition through Columbia University's Teacher's College, New York City
Professional Training and Certification Program 2008

Second City Training Center/Chicago

Improv Comedy 2000

Alliace Theatre, Atlanta, Georgia

Scene Study, Improv 1988

Cooking Hospitality Institute of Chicago

Culinary Arts, Baking, Food Prep 1997

Certification and Accreditation

- American Association of Drugless Practitioners (AADP)
 - Board Certified and Accredited Member
- Chicago Area Runner's Association
- Step Up Women's Network
 - *Nutrition Education*

Continued ..

Qualifications

Professional Experience

For Her Information PBS TV Series

Founder, Producer, Assistant Editor and Host (televised in 60 U.S. markets) 2003-Present

Conversations with Beth & Dan and A Balanced Life radio shows

Founder, Producer and On-Air Radio Personality (Live in Seattle in HD Radio and Online)

WVEC-TV Hampton Roads, Virginia 1986

Good Morning Hampton Roads Television Show, Student Intern

Google Chicago

Nutrition and Wellness Program Presenter

BBDO Advertising Agency

Nutrition and Wellness Program Presenter

Downtown Chicago Business & Professional Women

Nutrition and Wellness Program Presenter

GTOAEYC Accreditation Committee

Nutrition and Wellness Program Presenter

Sacred Heart Schools

Nutrition Education and Program Presenter

**Additional References and events list available upon request*

Publications

FHI Online Magazine

Founder, Editor-in-Chief, Lifestyle and Health Writer (www.ForHerInformation.com)

For Her Information Quarterly Print Magazine

Founder, Editor-in-Chief, Lifestyle and Health Writer

HMC Online Magazine

Health and Nutrition Columnist (www.HotMomsClub.com)

Diet.com

Expert Health Columnist

HulaSwap.com

Body Shop Columnist

