



Sandra Elia

**Chair
Obesity Matters
Toronto, Ontario**

Sandra Elia serves as the chair of Obesity Matters, a Canadian non-profit organization dedicated to empowering individuals living with obesity through education, support, and advocacy. An innovator in food addiction recovery, Sandra developed and leads Canada's first outpatient Food Addiction Recovery Program, implemented in medical clinics nationwide. Sandra authored the best-selling book *Never Enough: Three Pillars of Food Addiction Recovery*, endorsed by leading experts such as Dr. Sean Wharton, Dr. Sandy Van, and Dr. Peter Selby. The book has received the Book Excellence Award and is featured in Indigo stores nationwide. As a highly sought-after speaker, Sandra is a trusted voice in obesity advocacy and workplace wellness. She is frequently invited to deliver keynote addresses and thought leadership presentations for corporations, health care institutions, and policy forums, championing a holistic and compassionate approach to obesity care. Drawing from her own lived experience with obesity, Sandra brings insight, empathy, and expertise to her work.