



**For immediate Release**

## **Michelle Kwan of Ryerson Wins Media Release Competition**

by Mary Carver, P.H.Ec.

Ontario Home Economics Association (OHEA)

Michelle Kwan, a 3<sup>rd</sup> year School of Nutrition student, is the winner of the Ontario Home Economics Association Student Media Release Competition. The award was presented by OHEA's VP of Communications Erin McGregor, RD, P.H.Ec., at the OHEA Conference held at Ryerson on March 24<sup>th</sup>. The second place winner was Tayler Rozon of the University of Guelph.

Michelle's winning submission addresses the importance of adequate sleep to maintain a healthy mind and body. Winning the award allows Kwan to work with professional home economists on OHEA's communication team to disseminate her release to a national distribution list in the near future.

Kwan earned a BFA' (Hons) in Visual Arts from York University before enrolling at Ryerson. Michelle's passion for food, nutrition and media has led her to various unique opportunities. She has served as Communications Director for the Nutrition Course Union and as the Communications & Social Media Coordinator for Critical Dietetics. Michelle is also a former Team Leader for Nutrition Health Promotion outreach teams and a Miss Universe Canada 2011 National Delegate. Looking ahead, Kwan plans to continue to follow her natural instinct to help others.

'I thrive on inspiring others and connecting with people. I truly love helping others.' said Kwan after receiving the award.

The Ontario Home Economics Association (OHEA) a self-regulating body of Professional Home Economists promotes high professional standards amongst its members so they may assist families and individuals to achieve and maintain a desirable quality of life.

OHEA congratulates Michelle on effective communication of a common health issue and looks forward to working with other Ryerson students in the future.

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