



theBespoke\Dr.ElaineChin

Role Founder\Chief Wellness Officer
Mission Combat the predictable and preventable illnesses that impact us all
Contact dr.chin@thebespoke.group

Elaine Chin, MD, MBA is your wellness partner, guiding you from languishing to thriving. After seeing people she loved, pass away from predictable and preventable illnesses, she decided to devote her life's work to combat them head on.

Today, Elaine is one of North America's leading medical experts and respected thought leaders in the space of personalized medicine, integrative health, and corporate wellness. With her experience comes the science, safety, and rigor that is often lacking in the wellness space.

She is a bestselling author and a wellness thought leader on Bell Media's CP24 Toronto and CTV Your Morning and continues to advise Good Housekeeping Magazine and their Wellness Institute. She has served as the Chief Wellness Officer at TELUS Communications.

She is the founder of theBespoke\WellnessGroup, a premiere personalized medicine practice in Toronto Canada, offering concierge healthcare, virtual health, corporate wellness programs, and medi-beauty services.

In June 2023, Elaine launched her third book, ***"The Pandemic and its Consequences. We Are Not Okay"***. She published her award winning second book in 2021, ***"Welcome Back! How to reboot your physical and mental resiliency for a post-pandemic world"***. This follows her breakout book in 2015, ***"Lifelines: Unlocking the secrets of your telomeres for a longer and healthier life"***.

Elaine received her medical degree from the Temerty Faculty of Medicine at the University of Toronto in 1988, completing her surgical internship at the Toronto General Hospital (now University Health Network) and received her MBA from the Rotman School of Management at same university in 1994.

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Biography