Andrea Leja

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Interior Designer | Author | Regenerative Living Advocate

Andrea Leja brings more than 25 years of professional experience in interior design, real estate development, wellness-focused environments and community engagement. As Founder and CEO of THRVE Lifestyle & Development Group Inc., a Niagara-based design and wellness development firm, she combines creative vision, strategic leadership and a deep commitment to creating sustainable, inclusive communities that foster wellbeing, belonging and connection to nature.

A graduate of Sheridan College, where she earned a Bachelor of Interior Design, Andrea also holds a Business Certificate from Niagara College and a Bachelor of Food Science from Ryerson University. Her multidisciplinary education, together with her extensive professional experience, provides a distinctive perspective on the relationship between the built environment, human health, sustainability and community development.

Since 1996, Andrea has worked as a principal designer and project manager, undertaking residential, hospitality and adaptive-reuse projects across Canada and internationally. Her work incorporates biophilic design, green building strategies, sensory awareness and environmental considerations. Through THRVE, established in 2021, she leads initiatives focused on wellness-oriented, age-inclusive real estate communities and regenerative development. One of her current projects is THRVE Queenston Estates, a proposed biophilic 55+ regenerative living community in Queenston.

Andrea is also an accomplished writer, publisher and storyteller. She is the author of *Rooted in Home: Designing a Life That Heals, Holds, and Remembers*, an 83,000-plus-word nonfiction manuscript currently being submitted for publication. She is also the founder and curator of *THRVE Passport*, a seasonal publication exploring wellness, nature, design and community, and the creator of *Soulful Home*, a monthly guide to intentional, nature-inspired living. Her writing explores how thoughtfully designed spaces can support wellbeing, preserve memories and strengthen our sense of belonging.

Her professional and community involvement includes membership in the Global Wellness Institute's Wellness Communities & Real Estate Initiative, the International WELL Building Institute (IWBI) and the Biophilic Design Network. She also serves on Niagara-on-the-Lake's Senior Housing Advisory Committee, contributing to discussions surrounding sustainable housing and aging-in-place solutions. In addition, she has been collaborating with Karen Fraser on a Cogeco television series focused on aging. Andrea has also participated as a keynote speaker, panelist and workshop facilitator on subjects including regenerative living, biophilic design, aging in place and community wellbeing.

Andrea's Vision for NOTLRA

Andrea hopes to bring her professional expertise, strategic insight, creativity and established community networks to the Niagara-on-the-Lake Residents Association. She believes in strengthening resident engagement, encouraging thoughtful and sustainable development, and ensuring that community wellbeing remains an important consideration in municipal planning and decision-making.

She would like to help elevate NOTLRA's visibility and influence through stronger communications, media engagement, cross-sector partnerships and connections with broader wellness and development networks. Her vision is for a Niagara-on-the-Lake that respects its distinctive heritage while embracing responsible growth, environmental stewardship, inclusive housing and vibrant, healthy communities for generations to come.