

Nutrition & Workplace Wellness

Increase Workplace Productivity with our Nutritional Wellness Programs



Are your employees making the connection between what they eat and how they feel? Simply put, food choices and physical activity can set them up for a positive and productive day.

WE OFFER A RANGE OF WELLNESS AND NUTRITION INTERVENTIONS FOR YOUR EMPLOYEES

- The Science of Nutrition & Wellness - Fads and Plain truth
- The makings of a 'healthy diet'
- Building Resilience with lifestyle habits
- Mindful Eating On The Go
- Good Foods, Good Moods and Good Sleep
- Cooking Basics - Kitchen Tips
- Exercise for a healthy heart
- Mastering Moderation: Creating a Smart Strategy for Healthful Eating and Sustained Living

HERE ARE OUR NUTRITION WELLNESS INTERVENTIONS YOU MIGHT BE INTERESTED IN FOR THE LONGER TERM:

- Nutrition Webinars from Experts
- Healthy Workplace Engagement Challenges
- Virtual Cooking Class
- Telehealth Nutrition Consultation