

CORPORATE WELLNESS

INDIVIDUAL NUTRITION CLASSES



Inspire and engage your employees!

Here's what you get from this course:

1 ½ hour nutrition and wellness class

Topics are developed based on the need of the company and are intended to educate employees on the latest nutrition research.

Easy to follow and implement nutrition tips

Making dietary and lifestyle changes is not about following a diet or a rigorous plan. Learn about small changes that will last a lifetime!

Class handouts

Take the information home with you to refer to at any time!

Ask questions to a registered and licensed dietitian

Ask nutrition and health related questions in real time without the need to schedule a one-on-one session.