

WORK WELL

EMPLOYEE WELLNESS COURSE



The nutrition guidance your company needs!

Here's what you get from this course:

5 – 1 ½ hour nutrition and wellness classes

Each class is designed to educate employees on key health areas, helping them stay healthy and reduce absenteeism.

Easy to follow and implement nutrition tips

Dietary and lifestyle changes aren't about strict diets or rigid plans. Discover small, sustainable changes that can 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.