

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 built to educate employees on main health areas they need to focus on to stay healthy and lessen the degree of absenteeism.

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.

Community Engagement

Each employee can join and participate in an online community that will support and motivate them throughout this journey.