

# NUTRITION

GET INSPIRED TO MAKE HEALTHY CHOICES

## WELLNESS @work

Partner with wellness@work to improve your office nutrition.

Presentation topics include but are not limited to:

- Eat to Live
- Raising a Healthy Family
- What is in Your Brown Bag
- Eat This Not That
- Reading Nutrition Labels
- Performance Nutrition
- Fuel from God
- Guts and Gluten

Implement wellness into your office. This complimentary offering gives us a chance to introduce ourselves to you. At the same time it is a way for you to show your employees you care! It is a thank you to your employees and gives them free education to make the choices they want for their future.

We will come on a Tuesday or Thursday and bring breakfast or lunch. Inquire about open dates.

We require a minimum of ten people in attendance.

**"If you change nothing, nothing will change."** SPARK PEOPLE



Contact [wellness@work](mailto:wellness@work) today!

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