

Empowering Your Workplace to Eat well, Fuel Productivity & Boost Well-being



Workplace Nutrition Seminar & Cooking Demonstrations *From a Practising Dietitian*

Are you passionate about fostering a **culture of wellbeing and healthy living** within your workplace?

Looking for **professional development opportunities**?

Wanting to reduce sickness related absences & **boost productivity**?

✦ **Expert Insights:** Engage with certified and actively practising dietitians to gain invaluable knowledge on nutrition, fostering a healthier work environment.

✦ **Practical Skills:** Equip your staff with hands-on cooking demonstrations, teaching essential culinary skills for a lifetime of healthy choices.

✦ **Tailored Workshops:** Customised sessions to address specific needs

*"Eleni lead our whole staff on **a food journey** as part of our professional development. She talked about **practical alternatives** for cooking, demonstrated, cooked and shared food with staff to **inspire** them.*

*Eleni was **so knowledgeable** and answered questions across the session all whilst smiling. Thank you Eleni for your time and expertise **it was a fantatsic afternoon and one I would highly recommend**"*

- Our Lady of the Angels

How Can This Benefit Your Staff ?

Learn about Nutrition for:

- 🍏 Improving mental health and focus
- 🍏 Gut Health
- 🍏 Optimising immune health
- 🍏 Weight management
- 🍏 Mediterranean Diet
- 🍏 Wellbeing & preventing chronic diseases

Practical Tips & Inspirations for:

- 🍏 Work lunches for staff
- 🍏 Mindful eating, controlling stress related eating
- 🍏 Fitting healthy food into busy lifestyles
- 🍏 Dinner meal inspiration
- 🍏 Balanced and energising snacks for on-the-run
- 🍏 Supermarket shopping tips

Pricing & Packages

Cooking Demonstration & Masterclass

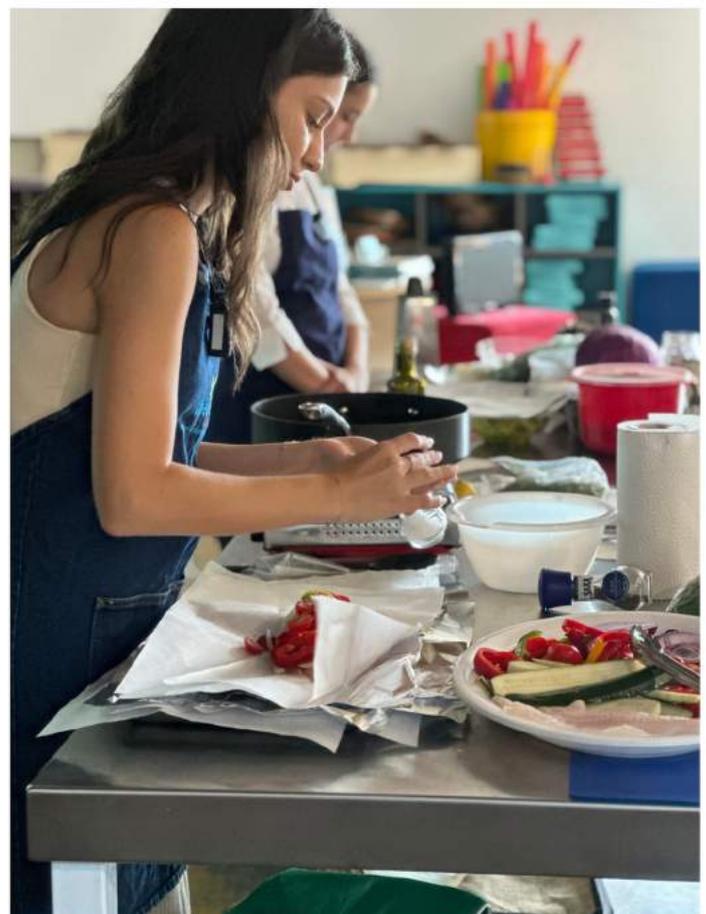
What's Included

- Duration: 2 hours
- Presentation customised to your workplace needs featuring practical tips, tricks and fuelled by the latest scientific evidence.
- Cooking demonstration showcasing 4-5 simple, practical recipes including lunch and dinner ideas.
- Taste testing and sampling for all attendees
- Each attendee will receive e-book with recipes cooked, bonus recipes & nutrition information
- \$55 per person + grocery fee
- Travel fees may apply
- Minimum spend \$750

Masterclass Only

What's Included

- Duration: 1 hour
- Presentation customised to your workplace needs featuring practical tips, tricks and fuelled by the latest scientific evidence.
- \$35 per person
- Travel fees may apply
- Minimum spend \$650



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