

IMPROVE YOUR EMPLOYEE'S HEALTH

A CORPORATE WELLNESS PROGRAM



SOMETHING
NUTRITIOUS



WHY CHOOSE OUR CORPORATE WELLNESS PROGRAM?

Improved Employee Health: Invest in your team's physical and nutritional well-being with nutrition workshops and individualized counseling with a Registered Dietitian.

Boosted Productivity: Our program offers strategies to increase focus, energy, and efficiency, leading to higher job satisfaction and performance.

Enhanced Team Morale: Create a positive work environment where employees feel valued and supported. Wellness activities promote camaraderie, teamwork, and a sense of belonging among your staff.

Reduced Healthcare Costs: By proactively addressing health issues and promoting preventive care, you can minimize healthcare expenses for your company in the long run. A healthier workforce means fewer sick days and lower insurance premiums.

Attractive Employee Benefit: Stand out as an employer of choice by offering a comprehensive wellness program.

PROGRAM HIGHLIGHTS



Nutrition Workshops and Healthy Cooking Demonstrations.

- Registered Dietitian led learning
- Cooking demonstrations
- Individual nutrition counseling



Health Engagement

- Wellness challenges
- Track diet and exercise progress
- Collaborate in group chats



SHANA MECKLER,
REGISTERED DIETITIAN
MS, RD, LDN

CALL OR EMAIL TO LEARN MORE!

561-251-5072



[SomethingNutritious.com/corporate-wellness](https://www.SomethingNutritious.com/corporate-wellness)



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