



# WORKPLACE WELLNESS PROGRAM

**Are you looking to improve morale, health and wellness in your workplace environment?**

Studies have shown that a workplace wellness program can:

- Reduce the number of absences
- Improve productivity and performance
- Build a happier workplace environment
- Encourage teamwork, support and collaboration
- Inspire employees to take better care of themselves while at work and off

All through learning the ins and outs of proper nutrition, stress reduction and health-boosting techniques that benefit the mind and body.

## PRESENTED BY

Jen Casey, CNP. Jen is a certified Nutritional Practitioner, Holistic Health Coach and Fitness Instructor in Vancouver. She focuses her practice on building healthy habits around all pillars of health, including nutrition, movement, sleep and stress. Jen's work can be seen in the Wall Street Journal, MindBodyGreen.com, Global TV, and through corporate wellness programs around Vancouver and virtually. Contact Jen at [nextbitecoach@gmail.com](mailto:nextbitecoach@gmail.com) or [www.nextbitenutritioncoaching.com](http://www.nextbitenutritioncoaching.com)

## PROGRAM COST

Each seminar runs 45-60 minutes and can be booked individually (\$225 CAD), or as a 6 part series (\$1200 CAD). Each participant will receive a copy of *Healthy Little Bites* recipe e-book sent via email. Some seminar topics are:

## NUTRITION 101: THE BASICS

## BOOSTING IMMUNITY THROUGH NUTRITION

## SAY NO TO SUGAR

## SETTING WELLNESS GOALS

## BEYOND BAGELS: A HEALTHIER COFFEE BREAK

## NATURAL ENERGY BOOSTERS

### MOST POPULAR

## BOOK A DAY OF MINI NUTRITION CONSULTS

These 1:1 mini consults give employees insight into their current dietary habits, symptoms and questions. They walk away with steps to take to improve their eating habits and meet their wellness goals. Contact Jen for full & half day rates.

## VIRTUAL COOKING CLASSES

A list of ingredients will be sent out prior to the class, so your team can cook along and learn new skills. Various topics are available, such as Gluten-free Baking, Smoothie Bowls, Healthy Snacks, and more.