

# FoodSense AtoZ

■ [www.foodsenseatoz.com](http://www.foodsenseatoz.com)



## **CORPORATE NUTRITION SERIES**

Lost work days, declining employee productivity, and increasing health care premiums have led to the development of wellness incentive programs at the workplace. While these incentives may vary, nutritionally balanced employees deliver better service, are more reliable, and work better in team environments. Sharon's Corporate classes address the realities of nutrition and how eating for fuel can dramatically influence the mental and physical focus your teams need to excel.

Sharon's positive energy and presentation style will get your group's attention. They will leave the class better informed and collectively motivated to make healthy food choices for themselves and their families.

## **FEATURED CLASSES**

- On the Go Eating (for the workplace)
- Corporate Lunchbox Eating
- Lets' Go Shopping for Nutritious Foods
- Pantry & Refrigerator 101
- Raw & Vegetarian Strategies
- Fuel for Athletes
- Nutrition for Toddlers and School Kids
- Reducing Inflammation
- Weight Loss by Candle Light
- High Blood Pressure and Cholesterol