

Nutrition Workshop

Educate and inspire attendees with a feel-good wellbeing workshop



Hosted by a registered nutritional therapist, our Nutrition Workshop is full of practical advice to lead a positive and productive lifestyle. Guests will learn healthy tips and tricks to help them fuel their bodies in the best way, along with realistic advice about mealtimes and exercise during the work day.

With physical and mental wellbeing more important than ever, it's the ideal opportunity for employers to support staff in leading a healthier lifestyle. The event is delivered in a relaxed and informal way, giving attendees the chance to ask their own questions and find out what they really want to know to help them on their journey.

The 60-minute session is delivered over Zoom, so attendees from all over the country can be a part of it. There's also the option to make the event part of a wellbeing series, with a juice-making masterclass and healthy cooking classes also available by the same nutritionist.

Available formats



Virtual

Great for

Employees, suppliers, clients and partners

Ideal for

- Employee wellbeing initiatives
- Partner networking
- Training and motivation
- Team building

Price*

from **£60** per person



Event host

A registered nutritionist with experience delivering engaging workshops and corporate wellbeing programmes will lead the discussion.

The style of the event is relaxed and informal, with the opportunity for a Q&A at the end.

MemMail

Our Nutritionist Workshop can be upgraded using our personalised sending service to deliver a branded event pack to guests.

- Send a selection of healthy food and drink to enjoy during the event
- Include a small gift like a branded water bottle for guests to remember the event by
- Each box also includes a personalised handwritten note with your message



Find out more

www.inconnection.com/ready_made

*Price per person based on 15 attendees. Excluding VAT, E&OE. Subject to availability.
Enhancement to premium experiences available on request.

