



## Webinar/ Seminar Menu

Educational and interactive 45min sessions to encourage employee health awareness.

Written and conducted by Registered Nutritionists, our bite-size webinars demonstrate the importance of nutrition in health.

- ✓ Bitesize basics
- ✓ Improving energy & concentration
- ✓ Stress management
- ✓ Supporting immunity
- ✓ Understanding food labels
- ✓ Alcohol awareness
- ✓ Smoking cessation
- ✓ Healthy heart
- ✓ Eat to sleep
- ✓ Diabetes
- ✓ Surviving the party season
- ✓ Digestive health
- ✓ Endurance
- ✓ Cancer awareness
- ✓ Superfoods
- ✓ New Year, new you (weight management)
- ✓ Managing menopause
- ✓ Men's health
- ✓ Brain food (mental health)
- ✓ Lockdown nutrition