



4 SESSION NUTRITION SERIES

PICK THE DATES & WE WILL PROVIDE
4 NUTRITION FOCUSED SESSIONS
FROM TITLES SUCH AS:

- UNDERSTANDING GENERAL NUTRITION
- HEALTHY EATING AS A HABIT
- READING FOOD LABELS
- PORTION DISTORTION
- EATING FOR FAT LOSS
- AND MANY MORE!



Wishing Well Works

C O R P O R A T E W E L L N E S S