

Absenteeism is costing Irish business around €1.5 billion, or €818 per employee.

Are you losing valuable production hours due to staff absenteeism? Are your employees on the road to obesity or chronic disease?

Transform your workforce into healthy, dynamic people by empowering them with a sustainable lifestyle plan that is guaranteed to improve overall health and boost your bottom line.

At Maev Creaven Nutrition we educate & motivate people to make smart dietary and lifestyle choices - it's not rocket science, it's just food (with a little savvy).

Suggested corporate sample seminars and packages:

- 1. Nutrition Lunch and Learns**
- 2. Eating for Performance Seminar**
- 3. Corporate Challenge**
- 4. Ongoing Wellness Program**
- 5. Canteen Menu Analysis**

## **Nutrition Lunch-and-Learns**

We prepare an interactive hour based on the subject of your choice.

Possible topics include:

- Nutrition for busy people
- Boost metabolism, burn fat and support digestion
- Food intolerances, allergies and immune health
- Overcoming stress eating
- Debunking nutrition / marketing myths
- Food and cancer prevention
- Supermarket shopping tips
- Sports performance workshop
- Keep healthy eating interesting!
- Which diets work (and those that don't): Low fat, calorie, Paleo, GL etc
- Cooking demonstration (no kitchen necessary)

## **Eating for Performance Seminar**

Ideal for corporations with employees involved in recreational sports activities, and professional athletes.

## **Corporate Challenge**

A weekly weight-loss program that can be organised on a six or eight-week basis. Each session is led by a nutritionist with options to include a personal trainer and a mind-body coach. These sessions are filled with motivation, nutrition, easy recipes, snack ideas, supermarket savvy and so much more!

Weekly weigh-in includes computerised analysis of body composition: weight, body fat, muscle mass, hydration, visceral (toxic) fat, metabolic age.

On request: packages to include Food Intolerance testing through blood analysis.

## **Ongoing Wellness Program**

Our ongoing wellness program is designed to improve health and productivity in your employees while providing ongoing individual attention to each participant.

## **Menu Analysis**

We provide a Food Consultancy service which includes nutritional analysis of canteen menus and healthy menu development.

For more information please contact us at:

Maev Creaven Nutrition

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