

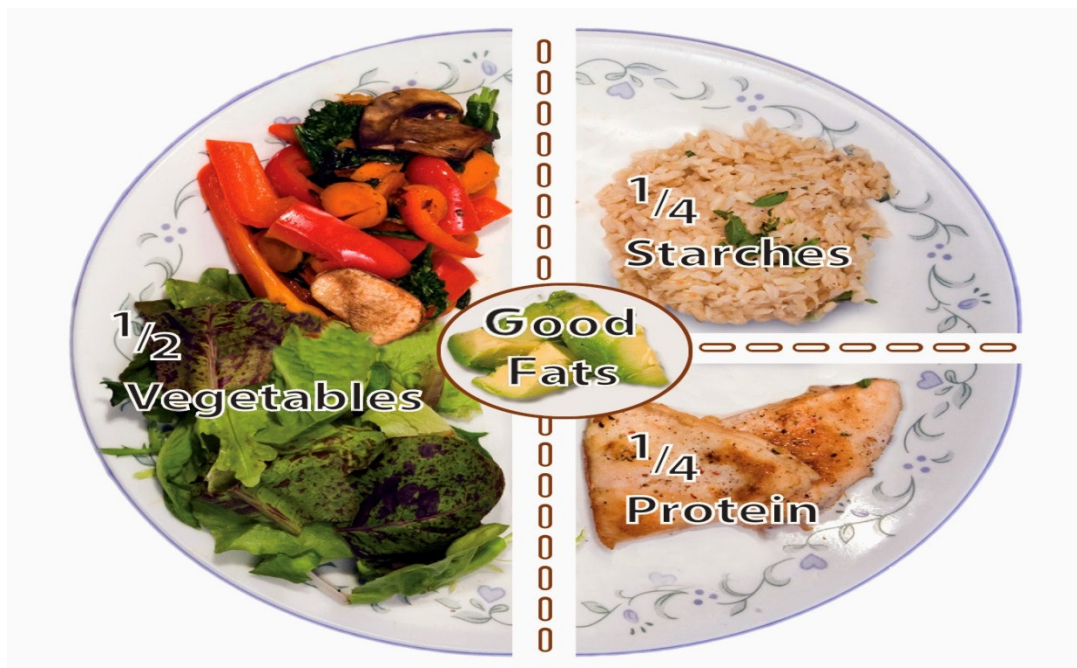


PEAK
HEALTH & WELLNESS CENTER

LUNCH AND LEARN

Nutritional Guidance Classes For
PEAK Corporate Accounts
**A Perfect Way To Enjoy Your Co-workers
And Learn About Healthier Living.**

Lead by Registered Dietitian, Kristi Gabbert, RD
Peak Wellness Center CDA Conference Room



CORPORATE SPECIAL PRICING begins at \$75 per seminar

Contact Kristi @ Peak CDA for more details & scheduling of larger groups or on-site seminars. 667-2582 x100.

For a list of wellness topics & series pricing see below

Wellness Topics:

Pick topics specific to your team. Other ideas are welcome.

- Nutrition basics (How to put together a well balance meal & fuel your day)
- SUGAR! Is it really that bad for you? (Fighting sugar cravings & food addiction)
- Kitchen makeover (How to stock your pantry)
- Eating to help battle chronic disease, pain & inflammation
- Good fats vs. bad fats (Why we need fat in our diets)
- Immunity (Nutrition when you are sick & to keep from getting sick)
- Healthy dessert alternatives (Surviving the holidays)
- A healthy gut & metabolism (Improve digestion & metabolism)
- Purification and weight loss
- Reading food labels & grocery shopping

Series Pricing:

Discounts available for scheduling multiple seminars.

1 x a month (12 total)

- 10% discount
- Free body composition testing (BMI & body fat analysis for each employee)

1 x a quarter (4 total) =

- 5% discount

Add-ons:

Enhance your corporate wellness package! Add on 1 or more of the following.

- Email/Newsletters: Monthly nutrition/fitness emails tailored to your team
- One-on-one nutrition consults
- Body composition testing (BMI & body fat analysis for each employee)
- Group workouts (i.e Yoga, Bootcamp, Resistance Training)
- Team building activities
- Organized weight-loss/ wellness challenges (i.e Biggest Loser, Group Detox)

****Contact Kristi for additional options or more specialized programs for your team****