



## SYNERGY NUTRITION

### For your Business

**Let Synergy Nutrition help you to increased sales and profits for your business!**

- ✓ Increase productivity of employees
- ✓ Improve health and wellbeing of employees
- ✓ Reduce staff absenteeism and sick days
- ✓ Happier, Healthier Staff

#### **Consultations to Employees/Staff/Clients**

Discounted rates for individual consultations are available for organisations employing staff. Synergy Nutrition is able to conduct these at your workplace.

#### **Seminars & Workshops**

Various topics can be presented to your requirements. These can be interactive and fun and include tasting sessions. If there are any topics you would like to be know more or would like to be covered please contact me.

#### **Topic Examples**

- Nutrition for your body and brain
- The healthy way to manage weight loss
- Nutrition for the management and prevention of CVD, Diabetes and high BP & cholesterol
- Strengthening the Immune system to reduce colds and infections
- How to read and interpret labels on foods and beverages
- Vegan/Vegetarian Nutrition
- Wheat/Gluten/ Dairy Free Nutrition/Sugar Free Diets
- Allergies & Intolerances

In addition to the above I can liaise with the catering team and asses the nutrition of meals and assist with implementing nutritional standards and recommend recipes that are easy to prepare, nutritious and inexpensive.