

Working Well

Vital Nutrition's **Working Well** workshop focuses on what, how and when to eat to help employees stay motivated and energised throughout the working day.

Your staff will discover:

- Simple and practical ideas for healthy work day breakfasts
- How to pack a healthy lunch Monday to Friday
- Easy food swaps to stop the mid-afternoon energy crash
- Simple ideas for healthy mid-week dinners
- Menu selection ideas for staff who work away from home



contact us to find out more:

T: 07704 520257

E: emma@vital-nutrition.co.uk

www.vital-nutrition.co.uk