

Nutritional Workshop

Event Overview

Hosted by a registered nutritional therapist, our Nutritional Workshop is full of practical advice to lead a positive and productive lifestyle. Guests will learn healthy tips and tricks to help them fuel their bodies in the best way, along with realistic advice about mealtimes and exercise during the work day.

With physical and mental wellbeing more important than ever, it's the ideal opportunity for employers to support staff in leading a healthier lifestyle. The event is delivered in a relaxed and informal way, giving attendees the chance to ask questions and find out what they really want to know to help them on their journey.



What's included

Our Nutritional Workshop can be upgraded using our MemMail to deliver a branded event pack to guests. You could send:

- A selection of healthy snacks.
- A small gift, like a branded water bottle.
- Each box also includes a personalised handwritten note with your message

from
£60
per person

www.inconnection.com/ready_made

Price is per person and excluding VAT, E&OE. Subject to availability.
Enhancement to premium experiences available on request.