

# Nutritional Workshop

A Feel-good wellbeing workshop



Virtual



Hybrid



Live



## Event Overview

Kick start your company's wellbeing with our nutritional workshop. This event is led by an expert nutritionist ready to teach your guest practical advice on how to fuel their bodies the right way. The nutritional workshop is relaxed and informal, giving your guests the chance to improve their physical and mental wellbeing.

Whether your guests are local or spread across the UK, this event can be hosted live, virtually, or hybrid, to suit any business needs. This event can also be made into part of a wellness series, with a juicing masterclass, and a healthy cooking class, all available from the same nutritionist.



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email us at [hello@inconnection.com](mailto:hello@inconnection.com)

Price is per person per 15 people and excluding VAT, E&OE. Subject to availability.

from  
**£250**  
per person

## MemMail:

Our MemMail service can be used to further build, anticipate, and boost attendance of your event. Your guests will receive their pack before the event with all the components they will need for an insightful nutritional workshop. You have the chance to customise the MemMail with all your branding, colours, or other optional extras, finished with a handwritten note, adding that personal feel.

## What's Included:

- Healthy snack for during the event
- Optional branded water bottle or other merchandise
- Personalised, handwritten note

Make it your own with the box, tissue, and shred in your colour of choice, branded glassware, finished off with a personalised, handwritten note and your logo sticker.



## How Does it Work?

This workshop translates the latest news in nutritional science into bite-size, easy to implement advice catered to promote long term health. The first 45-minutes will be spent on a guided health talk followed by a 15-minute Q&A.



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Price is per person per 15 people and excluding VAT, E&OE. Subject to availability. Please note that guests must be over the age of 18 to participate in this experience.

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