


CORPORATE NUTRITION & WELLNESS PROGRAMS



- » Wellness Workshops to motivate your staff to better health
- » Diet & Nutrition Camps
- » In House Diet & Nutrition Helpdesk Services
- » Cafeteria Meal Planning Consulting



**Employees are the most valuable
assets to any company.**

Café Nutrition's programs will help companies improve the health status of their employees leading to happier & more productive teams. Focusing on the health of employees would not only enhance their lives but also foster a feeling of well being and gratitude thus strengthening the organization as a whole.

 +91 98207 37677

 +91 99300 74447



info@cafenutrition.com



www.cafenutrition.com



facebook.com/CafeNutritions



twitter.com/CafeNutrition

CORPORATE NUTRITION & WELLNESS PROGRAMS



WELLNESS WORKSHOPS

Our Workshops help empower employees with the right knowledge to make informed and healthier food choices which have a direct bearing on their overall health and well being. Cafe Nutrition Wellness Workshops aim to create a healthier & happier workforce ready to take on the challenges of the modern working life.



DIET & STRESS MANAGEMENT WORKSHOP

Modern day stress is one of the main causes of some of the most prevalent health issues plaguing our people including cardiac, diabetic, obesity issues. With the right nutrition & food choices, one can reduce the impact of stress on their bodies and effectively repair damage that has been done prior to this. This workshop squarely aims to help employees in bringing back the importance, techniques & choices of right nutrition in drastically improving the quality of their working and family lives.



DIET & WEIGHT MANAGEMENT WORKSHOP

Your weight is a balancing act, but the equation is simple. If you eat more calories than you burn, you gain weight. And if you eat fewer calories than you burn, you lose weight. There are plenty of small but powerful ways to avoid common dieting pitfalls, achieve lasting weight loss success, and develop a healthier relationship with food.



DIET & NUTRITION CAMPS

Organizing one day on-site camps to evaluate individual employee health status and provide specific counseling, Cafe Nutrition would help employees identify and reduce the risks associated with preventable diseases. This is a big boon to employees who would unknowingly be ignoring such risks.

IN HOUSE DIET & NUTRITION HELPDESK

Get your in house Nutrition Helpdesk to allow employees access to individualize counseling, detailed dietary advice and meal planning. With easy access available right within the Company premises, employees would be able to exercise a better, healthier lifestyle at their convenience.

CAFETERIA MEAL PLANNING CONSULTING SERVICE

Let Cafe Nutrition advice and plan the meals that your cafeteria provides its employees and see the difference. Giving advice on the right cooking & handling practices as well as providing recipes for healthier, tastier meals, Cafe Nutrition will ensure that your Cafeteria is another source of good health to your employees.

 +91 98207 37677

 +91 99300 74447

 info@cafenutrition.com

 www.cafenutrition.com

 facebook.com/CafeNutritions

 twitter.com/CafeNutrition