



# Homedica Holistic Health

## Holistic Health Corporate Series L&L

These 60 minute Corporate Lunch & Learns help guide your employees to better health. Happy and healthy employees are, more content, have a better attendance and are better able to cope with stress. This Holistic Series of lunch and learns include myself, a Yoga instructor and a Life Coach, all with the goal of making your employees happier and healthier for 2014.

### 60 Minutes to better health series:

Start with the nutrition basics with Nutrition 101 and build their health with each additional lunch & learn.

**FIRST INTRODUCTORY – Nutrition 101** - The best received lunch & learn ever is now FREE! These are 16 daily steps that are easy to incorporate into any daily routine. Steps that help get your employees health back on track.

- **Immune Power** - Certain foods can bust your immune power where other can boost them. Your employees can easily learn how to boost your immune power through foods and non-invasive medicines that's safe for you and everyone in your family, at any stage of health.
- **Stress Workshop** - Learn how stress affects the body, mind and spirit and how your employees can support their body through foods and supplements.
- **Just for Women** - We look at women's health issues, discuss how and why they develop and how we can prevent them through: great nutrition, lifestyle, homeopathic medicines.
- **Gluten free foods** - A tasting workshop that educates and introduces your employees to tasty gluten free foods. An education as to why it's important to add to these great nutrient dense grains to their diets.
- **Crave!** - Most people know they crave certain foods; coffee in the morning is a must, chocolate or chips at 3pm, how about cheese or pickles? From evolution to stress there is a reason why we crave these foods. In this lunch & learn you will learn the basics as to why you crave and how to stop them.
- NEW • Supplements** - This unregulated industry is a marketing machine. People don't know they're taking supplements that are more filler than effective. This seminar is a guide to which supplements you need to maintain your health, improve your health and which ones are the best on the market.
- NEW • Connecting** - The one personal skill that can have the greatest impact on your career and life satisfaction is the ability to communicate effectively. Learn how to listen attentively, read body language, speak authentically, network and create more meaningful connections with others.
- NEW • Alignment** - How many times have you set a goal and not followed through? Learn more about the art of setting personally relevant goals, self-monitoring, and rewiring your brain and behaviour in order to align them with your deepest desires.
- **Relax with office Yoga** - Stress can make a mess of our backs, arms and hands making it hard for employees to concentrate. Simple exercises are demonstrated to your employees that they can do at their desk to release stress, reduce fatigue and increase productivity. (Fee applies)

## Corporate Weight Loss Programs

**Stress can show up in so many ways but the most noticeable sign is what shows up on the waistline.** Offering your employees individual weight loss programs in their workplace gives them a chance to change to a healthier way of life with the added benefit of convenience.

