

# Nutrition conference

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Give the gift of health to your employees and see their motivation and productivity increase.



**Introduction to  
healthy eating**



**Tips to integrate  
healthy eating into  
a busy lifestyle**



**Recipes and meal  
ideas for the  
whole family**



**Information on trends  
in nutrition and dieting;  
demystifying what is good  
and what is less valuable**



**Questions and  
answers**

- 1 hour conference
- Can be given during lunch hour or other time slot
- The cost is 300.00 \$



**Khatri  
Nutrition**

Pour plus d'informations veuillez contacter Sarah Khatri au [sarah@khatrinutrition.com](mailto:sarah@khatrinutrition.com) ou 514.567.6202