

Nutrition conference

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**

For more information contact Sarah Khatri at
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