



Intuition nutrition

CORPORATE WELLNESS ENGAGEMENT PROGRAMMING

PRESENTATION

\$160 FOR ONE HOUR

A one-hour interactive presentation on a health topic of your choice. Site hosts will receive a custom-made promotional flyer and pdf of the slides for distribution.

Topics: Healthy Snacking on a Budget, Heart Health, The Hidden Calorie, Kick the Sugar Fix, Making Meals Easy, Reboot Your Mind, Shape Size and Satisfaction, Strategies for Stress, Virtual Grocery Store Tour, What Fuels You Sports Nutrition

COOKING DEMONSTRATION

\$300 PER HOUR + COST OF FOOD

A one hour cooking demo will entertain and educate participants on healthy food preparation. All cooking demos will produce ample portions of samples created from fresh, healthy ingredients. Site hosts will receive a custom-made promotional flyer and pdf's of the recipes for distribution. Price includes set up, tear down, and equipment costs. OR—host a virtual Cook-A-Long via zoom. All participants will be provided with the recipes ahead of time, and they will cook with RD live in real time.

Topics: Creativity with Pantry Staples, Using Seasonal Produce, Quick Family Meals on a Budget, Homestyle Japanese Cooking, Vegetarian Eats, Healthy Tailgate Bites, Anti-Inflammatory Diet

CONSULTATION PACKAGES

Give your employees an in-depth, 1:1 experience to drive behavior change. Participants will receive individual sessions from a registered, licensed dietitian. Medical nutrition therapy includes evidenced-based, personalized plans to reduce chronic disease risk and manage health with diet and exercise*, and coaching to increase motivation, adherence, and self efficacy. Consultation is available in person or virtually through a secure, HIPPA-compliant portal. Pricing will vary based on employer size and the scope of the package.

*MNT is legal for Ohio residents only.

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