



IS NOW OFFERING

# Corporate Wellness Programs

Today's successful business leaders know the unlimited rewards they can expect when they invest in their greatest asset – their employees. In a world where health care costs are taking a huge bite into corporate profit, the implementation of programs that yield a reduction in health care costs, are no longer elective, but rather a necessary consideration for a financially prudent organization. Successful corporate wellness programs with an emphasis on nutrition, as well as physical, mental and emotional health will directly meet this need.

## A DYNAMIC GROUP OF NUTRITION EXPERTS

We are highly trained Registered Dietitians. Our company develops innovative programs that are tailor made for both individuals and corporations. Through nutrition education, coaching and behavioral modification strategies we are committed to creating a healthy mindset and lifestyle that will build and maintain the wellness of every client we encounter.



## How Can Nutrition Link's Wellness Program Benefit your Corporation?

Recent studies have shown that stress related factors at work have cost US businesses an estimated \$300 billion annually in lost productivity, accidents, medical costs, employee absenteeism and turnover. Nutrition Link Services' Wellness Programs can help manage your employees' health and wellness – which translates into the following benefits for your corporation:

- **Reduced Absenteeism**
- **Reduced Health Care Costs**
- **Reduced Employee Turnover**
- **Reduction in Sick Leave**
- **Increased employee productivity and employee morale**

## What do we offer that makes us different?

Nutrition Link Services can tailor wellness programs to meet the needs of your employees. We currently offer the following services:

- **One-on-One nutrition counseling**
- **Lunch and Learn Workshops**
- **Six Week Wellness Education Sessions**
- **Corporate Weight Management Groups (6 – 8 weeks)**
- **Customized Meal Planning**
- **Corporate Kitchen & Pantry Review**
- **Cooking Classes (with availability of on-site kitchen)**

## What sets us apart?

- **We accept a variety of health insurances** for both individual and group counseling.
- **We provide a holistic approach to health management**, and take into account social, physical, emotional and mental stressors that may be affecting an individual's well-being.
- **We offer culinary review services** of corporate kitchens and pantries to ensure a health-focused environment for your employees.
- **We focus on more than just the number on the scale.** We want your employees to feel empowered, and emotionally, mentally and physically healthy through dietary and lifestyle changes that will enable them to feel their best.

*If you're considering offering a wellness program at your company, you've already committed to promoting the health and wellness of your employees. Let us take care of the rest!*

