

Eat well feel well

We all have good days and bad days but what we eat and when we eat can influence our mood, energy levels, concentration and even how we deal with stress at work.

This **workshop** starts with a myth busting quiz and gives tips on food groups and meal times which support better nutrition, moving more and stress management for healthier working lives.

With a **factsheet** for all attendees and **checklist** to identify and embed small changes for your personal lifestyle, this is a comprehensive – and fun - intervention for employee wellbeing.



Group sessions are from £500+VAT from your local accredited BDA Work Ready dietitian..

Discover how our food and drink choices help us feel and function well at work

bdaworkready.co.uk

