

Eat well work well

Choosing the right foods and drinks is not only beneficial for long-term health, it can also enable us to be more productive at work. Things that can help include making good choices at the right times and taking appropriate breaks.

This **workshop** uses our FOCUS model to explore strategies to consider and highlights brain fuels which leave you refreshed and refuelled.

With a **factsheet** for all attendees and **team pledge poster** to identify and embed small changes for your 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

