

Live Healthy Live Well

Worksite Wellness Lunch & Learn Sessions

Purpose

To educate Ohioans on nutrition, physical activity, and wellness issues. Strive to increase awareness and encourage adoption of healthy lifestyle behaviors. Lessons will help employees be healthier individuals that will be more productive and have less costly health care expenses.

Topics

- Are You Getting Your ZZZ's
- MyPlate Weight Management
- Physical Activity
- Stop Stressing Start Living
- The Skinny on Fat
- Think About What You Drink
- Whole Grains

Length

30-45 minutes

Cost

There is no fee to have the class taught at your worksite. Depending on location of your worksite there could be a travel fee for mileage. If the site would request to have a live cooking demonstration then a \$1-\$2 tasting fee would be required.

Contact

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