

# CORPORATE WELLNESS

WITH JENNIFER & TIM HANWAY

Educate, empower and inspire your employees to eat well, move well, work well and live well.



## CLEAN EATING MADE SIMPLE

Eating for health doesn't have to be complicated. In fact, it should be easy, pleasurable, time efficient and budget friendly! In this educational and informative workshop Board Certified Holistic Nutritionist and Wellness Expert Jennifer Hanway shares her tips, tricks and strategies to help you and your family eat a healthy, nutrient dense and delicious diet, whilst enjoying your favorite meals, treats and snacks.

Following this workshop you will:

- Be able to cook once and eat well all week
- Spend less time thinking about food and what to eat
- Understand how to build a balanced clean eating meal
- Make healthy meals that the whole family will enjoy
- Know how to decipher food labels in 2 minutes or less
- Be able to eat out and enjoy the foods you love whilst staying on track with your healthy eating goals

A Q&A session will be held following the workshop and all participants will receive detailed notes and links from the session.

Workshop pricing starts from \$500 a session. Package pricing is available upon request. For more information and to book your Corporate Wellness workshop please email [hello@jenniferhanway.com](mailto:hello@jenniferhanway.com)



## ABOUT JENNIFER

Jennifer Hanway is a Board-Certified Holistic Nutritionist and Wellness Expert. A sought after speaker and writer she has appeared on local and national television, and has spoken at SXSW, the GOOD Fest and the WELL Summit. She has been creating and delivering Corporate Wellness workshops for over 8 years.

She has written for print and online media including Oprah Magazine, Martha Stewart Magazine, New Beauty Magazine, Well + Good, Prevention and Readers Digest.

Jennifer works with clients across the globe in both her private practice and through her online programs, and her celebrity clients include members of the British Royal Family, Olympic Athletes and Hollywood A List.