



Corporate Nutrition Services

OFFERED BY OUR DIETITIANS FOR YOUR EMPLOYEE WELLNESS PROGRAM

Expertise in Matters of the Heart

SERVICES OFFERED	COST
<p>Nutrition Lectures Nutrition is an integral part of any corporate wellness program! Our registered dietitians will come to your business and provide a 1-2 hour lecture on the nutrition and health topic of your choice. Our lectures are very interactive, non-biased, and based on the latest nutrition research. Please contact us for a list of class topics available or to request a certain topic of interest to your employees. There is no class size limit for lectures.</p>	<p>\$60 for 1 hr talk \$100 for 2 hrs.</p>
<p>Cooking Classes/Demonstrations This is one of the most popular services we offer. Stephanie Yoo, a Heart Center of the Rockies dietitian and former chef, will come to your place of business and teach a 2 hour interactive healthy cooking class for groups of up to 10, or a cooking demo for larger groups. She will cover the health and nutrition topic of your choice while demonstrating cooking techniques to help your employees lead a healthy life. Please call for a list of class topics available or to request a specific cooking class of interest to your employees. Please limit demonstration classes to 40 participants. Kitchen not required!</p>	<p>\$200 for up to 30 people, \$5 per person charge for each person over 30 people. (Price includes groceries)</p>
<p>“Healthy Options” Audit for Vending Machines and Snack Bars One of our registered dietitians will come to your business and help you have healthy snack items available for your employees. We will work with your vending company to ensure that the offerings in your vending machines are the healthiest possible. We can also help you set up a healthy snack bar in your break room. We will leave nutrition information for your employees to read during breaks. Please call us for more information about this valuable program.</p>	<p>\$60</p>
<p>“Healthy Options for Healthy Meetings” One of our registered dietitians will work with employees who order foods and beverages for meetings and office gatherings to be sure that healthy, balanced snacks and meals are available for your employees. Employees who consume healthful, nutrient dense meals tend to be more productive over the workday. Let us help! We can work with your usual caterers or suggest caterers who provide healthful items for area businesses. Please call us for more information.</p>	<p>\$60</p>
<p>One-on-One Nutrition Counseling Appointment One of our registered dietitians can come to your business and provide one-on-one 45 minute nutrition counseling services for your employees. This is a great wellness service to offer your employees who are wishing to prevent disease, manage their weight, or find nutrition based ways to manage any conditions they may currently have. \$40/employee, \$150 for 5 employees or \$300 for 15 employees.</p>	<p>\$40/employee, \$150 for 5 employees or \$300 for 15 employees.</p>

Our dietitians are also available for your health fairs!

Please contact us at our Fort Collins office (970) 297-6809 or our Loveland office (970) 624-1806 for more information about any of our services or to set up a class.