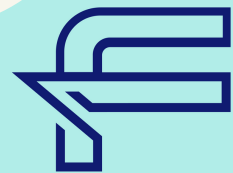


Healthy Eating and Nutrition in the Workplace

for Employees



**HEALTHY
WORKPLACES
DERBYSHIRE**



Why is good nutrition and healthy eating important in the workplace?

Topics include:

- What is healthy eating and why is it important in the workplace
- Barriers to healthy eating at work including working from home
- Creating a healthy eating environment for yourself and your colleagues

£160

Tuesday 19th July 2022
1:30pm - 5pm

TO BOOK:*

<https://www.eventbrite.co.uk/e/healthy-eating-nutrition-in-the-workplace-for-employees-registration-339813339847>

**HEALTHY
WORKPLACES
DERBYSHIRE**

**FUTURE FIT
FOR BUSINESS**

*Limit of 5 places per workplace for each workshop