

NUTRITION

Workshops Available for Staff
Schedule Today!



New wellness workshops available to help your staff maintain healthy habits and earn their wellness reward!!

Schedule any of the following workshops throughout the year:

Best Digest

It's not what you eat, it's what you absorb
Learn good daily digestion habits

Superfoods

Catalysts for optimal health

Nutrition Survival Skills

Surviving your workweek healthfully

Nutrition Myths vs. Facts

Decoding mainstream diet advice

Any Boise School District location can schedule a nutrition workshop for staff members. Just contact the dietitian listed below:

- Minimum of 15 staff members in attendance
- Schedule three weeks in advance

Contact: Valerie Lawrence RDN

Phone: (208) 367-4459

Email: valerie.lawrence@saintalphonus.org

BONUS: Attending a Live Well Nutrition EAP workshop will count towards your approved Wellness Activity, which meets one of the three requirements for the 2017/2018 Wellness Plan Option.



Saint Alphonus

CORPORATE HEALTH & WELLNESS