













# One-Hour Wellness Workshop Topics

***Invest in your Future!***

**YOUUnique Nutrition® offers workshops designed to improve your organization's health and well-being.**

**Choose one or more of the following one-hour "lunch & learn" workshops:**



 <b>Boost Your Brain Power</b> <i>Learn how to boost your brain power through food and lifestyle choices</i>	 <b>Functional Cooking</b> <i>Learn how to get <u>delicious</u> food on the table quickly with these simple cooking tips</i>
 <b>Eating for Energy</b> <i>Learn which foods provide "natural" and sustained energy</i>	 <b>Women's Health</b> <i>Learn how food and hormones interact and affect your emotions and wellbeing</i>
 <b>Aging Gracefully</b> <i>Learn general tips to improve your overall health and wellbeing</i>	 <b>Stress Management</b> <i>Learn which foods and lifestyle techniques decrease stress levels and enhance your mood</i>
 <b>Breaking the Cycle of Food Addictions</b> <i>Learn all about food addictions (including carbs, salt, sugar and caffeine), how they impact your health and vitality, and how to break free</i>	 <b>Healthy Heart</b> <i>Heart disease is the number one killer for both men and women. Learn which foods harm and heal the heart</i>
 <b>Debunking Food Myths</b> <i>Learn which foods people are afraid of (and shouldn't be) and which foods are marketed as "healthy" but are not</i>	 <b>Digestion – The Root of Health</b> <i>The digestive system is the root of our health! Learn which foods cause digestive issues and which foods can help.</i>
 <b>Maximize Your Potential</b> <i>Learn how to improve productivity, balance your time and energy and get the most out of life without sacrificing your health and wellbeing</i>	 <b>Bioindividuality</b> <i>Embrace your uniqueness! Learn what makes you different from others and why certain food and lifestyle choices can either benefit or hurt you</i>

**Other topics** are available to address specific interests such as: whole foods cooking, label interpretation, food allergies, personal motivation and goal setting, eating on a budget (cart-smart shopping), and weight loss.

**We are able to customize workshops for your particular needs!**

**Request a Quote**

See several topics you like? Try our [Wellness Workshop Series](#) for the **best value and optimal benefits!**



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