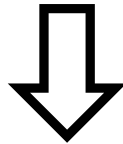


How to create a Wellness Program for your company

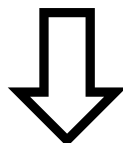
Step 1~

Schedule a **Free Sugar Blues Workshop** for your employees. There is no commitment and no cost! This workshop alone can improve your company's productivity by leaving each person with action steps to increase their energy and attention span. We can also leave your company with action steps that can support your employees' shift to long-term healthier habits.



Step 2~

Follow up the workshop with an online survey we send to your employees. Find out their goals and their challenges and their willingness to commit to a 3-month wellness program. **Co-create a program** tailored to their unique needs. Call your health insurance provider about what discount such a wellness program might confer to your group. It may be possible for employees to pay for Program with their Flexible Spending Accounts.



Step 3~

Set the dates—90 minutes every other week for a total of six sessions. Participants get their own binder to be filled with recipes, handouts, exercises and wellness resources. Each session they will receive food samples and will get to taste test a healthy snack! Program also includes membership to online forum, optional food store tours and free admission to extra workshops.