



Clean Living Nutrition & Wellness

HELPING WORKPLACE WELLNESS THRIVE



## **Corporate Workshops**

Workshop Topics

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All workshops are 90 minutes and include time for Q&A. Workshops are delivered online via Zoom link and each participant will receive preparation materials, a “Thank You” gift and an action plan to help them on their way to implementing their new knowledge and strategies.

### Building Your Health Foundation for Optimum Health

This workshop will take the confusion out of nutrition for health and will explain the importance of rebalancing all body systems in order to build a sustainable foundation for optimum physical and mental health. You will learn what and what not to focus on and will be given an action plan that can easily be implemented without overwhelm.

### Gut Health – The Window to Wellness

The state of your physical and mental health overall begins in the gut! In this workshop, learn how, what and when to eat to re-balance the gut environment, improve digestion and heal gut inflammation. Learn the 3 phase, 6 step methodology that I teach in The Gut Recovery Program to identify food intolerances transform your gut health for optimum physical and mental health overall.

### Take the Heat Out of Pain

Believe it or not, it is not “normal” to have muscle aches and joint pain as we age. This is a sign of a chronic, excessively inflamed body. In this workshop, you will learn how chronic inflammation develops in the body and the impact an over-acidic body has on your health; both physically and mentally! Learn the life-long strategy you are going to want to start implementing NOW to reduce inflammation throughout the body and discover a future of living pain-free! Yes, it is possible!

## Managing Stress and Your Hormones for Optimum Immunity

The impact chronic stress has on our physical and mental health should not be under-estimated! In this workshop you will discover the link between chronic stress and a variety of common conditions and diseases, most of which can be reversed when balance in specific body systems is restored. Learn the nutrition and lifestyle strategies necessary to reduce the negative impact of stress on our mind and body in order to increase immunity, energy and longevity!

## Meal Planning & Meal Preparation

It's time to revive home cooking and start eating healthier, whole-food meals at home! But for many, our busy lifestyles make it difficult to stick to a healthy eating regime. In this workshop you will learn expert tips and strategies to make meal planning and meal preparation a natural part of your routine. Whether it's family dinners, packed lunches or quick "on-the-go" breakfasts, the art of meal planning and prepping is the key to your success! No need to grab junk-food or take-out again after this workshop!

## Restoring Mental Balance through Nutrition

What you eat doesn't just affect your physical health but has a huge impact on your mood, concentration, ability to handle stress and your mindset. In this workshop you will learn the importance of supporting the gut-brain connection and balancing your hormones and neurotransmitters – the messengers between our mind and our body. Balanced hormones and optimum gut health are the keys to balanced mental health.

## Detoxification in a Toxic World

Toxic overload is real in our modern world and it is only getting worse. In this workshop learn how to reduce your toxic exposure for a healthy hormone balance and reduced inflammation. Detoxification doesn't have to be complicated. When done correctly, it is safe, effective and absolutely necessary! Participants of this workshop will walk away with their very own 10 day detox plan!

## Going "Veggie" the Right Way!

Curious about living a vegetarian or vegan lifestyle? Then this is the workshop for you! A vegetarian or vegan lifestyle can be very healthy, but ONLY if it is done safely with a focus on achieving optimum balance of all essential nutrients for strong physical and mental health. In this workshop participants will learn the pro's and con's to eating this way and how to transition seamlessly to a plant-based regime that supports every aspect of your health.

If you would like a customized workshop to better fit your audience, we can do that too! Schedule a free strategy call with me [HERE](#) and let's brainstorm together ☺



Joanne