**Lunch & Learn Events**

***Nutrition Hot Spot***

I am a local business owner at Nutrition Hot Spot, and we are offering local businesses free Lunch & Learn Events. Our Business is focused on helping people get healthy, have more energy and enjoy long term wellness. We would like to treat you and your team to our healthy meal.

**What are the benefits to you and your business?**

In general, Healthier employees are more productive.

\*Healthier employees are less likely to call in sick or use vacation time due to illness.

\*Companies that support workplace health have a greater percentage of employees at work every day.

\* Because employee health frequently carries over into better health behavior that impact both the employee and their family (such as nutritious meals cooked at home or increased physical activity with the family), employees may miss less work caring for ill family members as well.

\*Similarly, workplace health programs can reduce presentism – (working while sick) which can cause productivity loss, poor health and morale, exhaustion in the work place and epidemics.

The cost savings of providing a work place health program can be measured against absenteeism among employees, reduced overtime to cover absent employees, and costs to train replacement employees.

We bring everything to you and stay for 30 to 60 minutes, depending on what works for your business.

All you need to do is book what day and time you would like me to reserve my calendar for your workplace!

I am available for further questions and to explain the process!!

Sincerely,

Trish Villari

**Nutrition Hot Spot**

131 Central Square Drive -Prince Frederick, Md. 20678

(410)474-3446