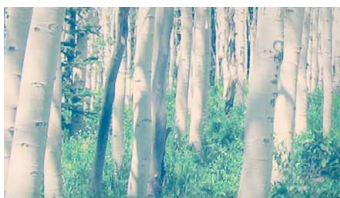


*small steps
big change
whole health*

CORPORATE

wellness

holihealth 
Nutrition & Lifestyle Trainers





HEALTHY EMPLOYEES HEALTHY ORGANIZATIONS

WE ENSURE YOUR EMPLOYEES HAVE THE KNOWLEDGE TO THRIVE.

Our team of Nutrition and Lifestyle Trainers will educate and empower your employees to make wholesome food and lifestyle choices. We will share strategies to: stay healthy, increase energy and fine-tune a healthful menu plan whether you're at the office, on the road, eating out or at home.

Our mission is to take the confusion out of eating right and show how eating nourishing foods can reduce stress, improve performance and fit into a busy life.

FUN & INTERACTIVE TEAM WORKSHOPS

Choose from our specialized workshops or build your own. We bring our workshops to you as quick lunch & learns or in-depth seminars.

*Nutrition 101 Boot Camp:
8 weeks to feel great*

*Travel Strategies:
eating out & on-the-go*

Toxins & Cleansing

Eating for Energy

Individual On-site

Nutrition Counselling

*Immune System 101:
avoiding office bugs*

*Nutritious Easy Meals:
for the whole family*

Prevention

Nordic Pole Walking Classes

CALL US FOR A FREE CONSULTATION

We design programs specific to your needs and company culture. Contact us at info@holihealth.ca

Nancy Buchanan RHN & Patti Smyth RHN

NUTRITION & LIFESTYLE TRAINERS

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