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events

Nutrition Workshop.

EVENT DETAILS

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18+ Years of
event planning



Trusted by FTSE
100 companies



Top Rated
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Saving YOU
- Hassle!

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ABTA
ABTA No. Y6501

Trustpilot
★★★★★

Nutrition Workshop.



10-500
People



Available
Nationwide



1 Hr



Held
Indoors



Free Venue
Finding

Overview

A nutrition workshop can feature a range of topics to choose from, to address key health concerns, from boosting energy and concentration to managing stress, improving sleep, and supporting overall well-being. These workshops provide valuable, actionable insights to help your team lead healthier, more balanced lives.

What's Included?


- ✓ We come to your office or venue
- ✓ Led by an expert naturopath with experience in corporate wellness
- ✓ Tailored solutions for high-pressure, low-time modern lifestyles
- ✓ Full risk assessments & £5million public liability insurance
- ✓ Well-kept and maintained equipment

Benefits

- ✓ Sense of Achievement
- ✓ Enhancing Motivation
- ✓ Working towards a common goal
- ✓ Learning New Skills
- ✓ Fun for All

ENQUIRE NOW 

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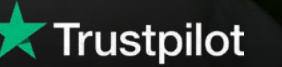
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What happens at your event?

Firstly, you'll need to pick a topic to focus on for your workshop: Bitesize basics, Improving energy and concentration, Supporting immunity, Alcohol awareness, Healthy heart, Eat to sleep (insomnia), Diabetes, Surviving the festive season, Digestive health, Controlling cholesterol, Managing Menopause, Brain food (mental health), Plant based, Foods, Organic Food - Is it worth it?, How to Build a Self-Care Toolkit.

On the day, the naturopath will arrive at your venue or office, introduce themselves and begin the class which will last for a total of an hour. Participants will learn which foods to avoid and discover healthy, easy alternatives that fit into their busy routines. Each participant will also receive handouts covering the key content from the workshop for easy reference.



Just some of our happy clients...



Customers love us!
We're rated 4.9 stars out of 5 based on 2,300+ Trustpilot reviews.

Is this something you'd like to book?

funktion events

CONTACT US

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-  www.funktionevents.co.uk

What happens when you book?
We'll send you a quick digital agreement to sign, followed by an invoice for the 25% deposit (or 100% if within 6 weeks), which you can pay easily online, over the phone or by BACS.

-  **Saving YOU Hassle**
-  **Inclusive Events UK Wide**
-  **Encouraging Participation**



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