



**Corporate Wellness Nutrition™**  
*A Division of Wellness Coaches™*

# COVID-19 Nutrition Boot Camp



Join the COVID-19 Nutrition Boot Camp! Meet virtually on a weekly basis during COVID-19 with your personal Registered Dietitian to receive expert, individualized Nutrition Counseling advice on the following topics:

## Healthy at Home

**Working from home and feeling out of sync with your healthy routine? Learn some tips on staying healthy and maintaining your nutrition and exercise habits in a new environment!**

## Optimizing Immune Function

**Strengthen your immune system with specific foods, nutrients, and lifestyle habits covered in this session.**

## Sleep and Health

**Improve your sleep habits with these tips that will have a major effect on overall health and disease prevention!**

## Meal Prep and Menu Planning

**Tired of trying to answer, "What's for dinner?", at the last minute every night? Get some solid tips and ideas to save time and money without spending hours in the kitchen!**

## Mindful Eating

**Learn ways to be more present at mealtime and savor each bite!**

## Snacking at Home

**Evaluate your relationship with snacking and learn ways to improve your eating habits!**

Sign up today by emailing [kblack@cwnrds.com](mailto:kblack@cwnrds.com) with "**COVID Boot Camp**" in the subject line. Please include your phone number, health insurance ID, address and name of your company so we can assign you to the appropriate Registered Dietitian.