



INVEST IN A HEALTHY WORK ENVIRONMENT

Workplace wellness encourages employees to live healthier lives. Investing in your team's physical and mental well-being has been shown to improve productivity and collaboration, enhance job satisfaction and retention, and lead to lower healthcare costs. Educational programs and wellness activities provide employees inspiration and add an element of fun to the work environment to generate enthusiasm and boost morale.



YOUR WORKPLACE
WELLNESS
**STARTS
HERE.**

GIANT'S HEALTHY LIVING TEAM

of registered dietitians and certified nutrition specialists can motivate and inspire your team to achieve their health and wellness goals with coaching that empowers the individual.



MANDY KATZ
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EMILY MASSI
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THU HUYNH
RD, LDN



**LESLIE
JEFFERSON**
MS, CNS, LDN



**ISA
CARRIZALES**
RD, LDN



ELEVATE AND EMPOWER YOUR TEAM WITH WORKPLACE WELLNESS



Contact us to discuss a program
for your organization.

Email healthyliving@giantfood.com,

call **301-341-4222**

or visit giantfood.com/healthyliving

OUR PROGRAMMING

Whether you are looking to add to your current workplace wellness activities or initiate a new strategy, we can help you build a program that best suits your team's needs.

Our programs are fun, interactive and also available in Spanish.

OUR OFFERINGS

- Healthy at Work
- Eating on the Go
- Myth-Busting Store Tour
- Awaken Your Senses with Mindfulness
- Know Your Numbers



GOLD PACKAGE

- **Six** 60-minute lunch & learns
- **Two** food demonstrations

\$2,000

SILVER PACKAGE

- **Four** 60-minute lunch & learns
- **One** food demonstration

\$1,200

BRONZE PACKAGE

- **Two** 60-minute lunch & learns
- **One** food demonstration

\$800

We can customize any package or offer individual services upon request.

FREE WORKPLACE WELLNESS SERVICES

- Curated, better for you snack and catering lists
- On demand wellness webinars
- On demand podcasts on health and food related topics
- Curated tips and shopping lists for a variety of eating patterns



LEARN MORE

