

Nutrition Webinars

For your employees

MINDFUL EATING

Discover mindful eating, exercise, and non-judgmental awareness of physical and emotional sensations.

CELEBRATING NON-SCALE VICTORIES

Measuring progress on the scale is important but measuring progress off the scale is just as important.

SLEEP AND SUCCESS

Did you know your lack of sleep could have an impact on weight loss? Learn sleep patterns, contributing factors and how to improve your zzzz's.

SOURCES OF STRESS

Discover what causes you stress and how we respond empowers us to learn effective strategies to manage it.

HOW TO MANAGE PAIN WITH NUTRITION

Can what we eat influence our level of perceived pain? Learn the anti-inflammatory foods that can prevent and help reduce the discomfort of painful chronic inflammatory conditions.

FINDING PARTNERS IN SUCCESS

Having a supportive partner, friend or relative is important to lean on when challenges arise on your weight loss journey.

HUNGER AND EMOTIONS

Navigating between hunger and using food in response to different emotions can be challenging but increasing self-awareness to what the body needs vs. what the body wants is key to take back control.

*Webinars above are a sample of over 100 nutrition webinar topics available in the library

**PROUD
EMPLOYER PARTNERS**



Bio

Suzanne Rich is a certified Health Coach, former gym owner, personal trainer, group fitness instructor, faculty instructor with W.I.T.S. (World Instructor Training Schools). With 20 years of industry experience she comes with a wealth of knowledge and expertise. Suzanne holds a Master's degree from Rowan University in Wellness & Lifestyle Management. Suzanne's credentials are vast with multiple personal training certifications, multiple group fitness certifications (including 3 Les Mills programs), as well as other advanced certifications in the fitness & wellness industry, and with a Bachelor's degree in Education and experience in adult learning concepts her passion for facilitating health education is second-to-none.

CONNECT WITH US!



Workplace Wellness made easy.

Testimonials

"Suzanne is an excellent and **engaging facilitator**."

Anonymous, NJEA Member

"Suzanne has **great enthusiasm** for what she does and it is **inspiring**. I'm happy I attended the nutrition webinar series and I look forward to more in the future."

Anonymous, Berkeley College Alumni

"Suzanne brought great information and **energy** to this webinar series."

Anonymous, Berkeley College Alumni