

# Welcome.

## CORPORATE WELLNESS PACKAGES WITH CARTER NUTRITION

Are you a workplace that is looking at ways to help support your employees, inspire health and wellness amongst the team and create a healthier team and workspace overall? Consider a Health & Wellness Workshop with Carter Nutrition.

There is nothing more important than having a healthy and well staff and team - Let Carter Nutrition help you, help them.

Please note: these packages are designed for a maximum of 30 staff members.

## TOPICS

You can choose a topic from the below options to have presented to your team.



### Gut Health

Stress & what you can do to reduce it naturally

Motivation - What is it & how to have more of it

Kids Health & Nutrition

# About Casey

Casey is an accredited and qualified Clinical Nutritionist (AdvDip NutMed, BComp Med) with a passion for educating and empowering her patients to take control of their health by harnessing the healing power of food as medicine.

Carter Nutrition is situated in the Tamworth CBD and focuses on a range of health conditions including:

- Digestive disorders; IBD, SIBO, IBS
- Paediatric health; eczema, allergies, immune system, behaviour and digestive health
- Food Intolerances
- General Health & Wellbeing
- Harnessing the power of Food as Medicine

**"Achieving health & wellness  
through nutrition"**

**CARTER**   
*nutrition*



# Investment.

What's included for 30 staff maximum.

- 1 hour presentation, with full colour slides (own projector can be supplied)
- Full colour presentation notes for attendees to keep
- 4 recipes that are relevant to the presentation material/topic
- Informal Q&A with Casey at the conclusion of the presentation
- Morning or afternoon tea grazing board platter
- Corporate attendee gift pack

**\$ 9 9 9**

\*Gift bag contents will vary, and are subject to change at anytime. Common inclusions are: product samples, various collateral material and a 10% off voucher for the Carter Nutrition website.





# Additional Enquiries.

You can contact Casey directly if you have any other questions or queries about the packages or any customisation you require.



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[www.carter-nutrition.com](http://www.carter-nutrition.com)

