



NUTRITION

Presentations Available for Staff
Schedule Today!

New wellness presentations available to help your staff maintain healthy habits and earn 25 WellSteps Reward points!!

Schedule any of the following presentations throughout the year:

Eat like a Local

Learn more about local food and ways you can incorporate more local eating habits

Healthy Families

How to make positive family habits around food and nutrition

Healthy Hacks

Simple, sustainable, habits to implement today

Afternoon Energy Boosters

Surviving those afternoon energy lulls is possible

Any Boise School District location can schedule a nutrition presentation for staff members. To schedule, a presentation at your location, the following is required:

- Minimum of 15 staff members in attendance
- Schedule three weeks in advance

Contact: Kelsea Hopkins, RDN

Phone: (208) 367-4458

Email: Kelsea.Hopkins@saintalphonsus.org

BONUS: Attending a Live Well Nutrition EAP presentation will count as one of your approved Wellness Activities.



Saint Alphonus

CORPORATE HEALTH & WELLNESS