

Research shows that people who eat healthily and manage stress effectively are more fulfilled and productive in their lives and at work.

Teatime with the Dietitian™ Corporate Wellness Programs provide new options for your employees' quality of life, both at home and at work.

Join in us in creating happier, healthier employees.



ABOUT ANU KAUR, MS, RDN, RYT-500

Anu Kaur is a Certified Wellcoach, Registered Dietitian Nutritionist, and Registered Yoga Teacher-500 hours. She has a BS in Psychology with a minor in Biology and an MS in Dietetics & Nutrition. Her holistic approach to wellness integrates both East and West philosophies for managing stress and balancing nutrition to achieve and maintain whole health. Anu is founder and president of “A Nu Healthy You,” offering health and nutrition services that incorporate yoga and stress management techniques for living a balanced life.

CONTACT A NU HEALTHY YOU

Contact us to schedule your Teatime with the Dietitian™ or visit us at www.ANuHealthyYou.com to find out about upcoming workshops.

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Teatime with the Dietitian™

 *Stimulate Your Mind.*



Making time at work for your well-being.

WHAT IS TEATIME WITH THE DIETITIAN™?

Tea, thé, cha, chai, and good conversation go hand in hand. This universal beverage has been offered in hospitality for centuries, bringing people together to create community and facilitate discussion.

Teatime with the Dietitian™ is a fun and informal way to create community within your busy work environment while learning about healthful eating and stress reduction. During this 60-minute gathering, enjoy a cup of tea with coworkers and discover practical tools for self-care, nourishment and improving your wellness.

Our workshops include:

- How to eat more healthily at work and at home.
- Breathing & meditation exercises to relieve stress.
- Tips on incorporating mindfulness into daily life.
- How to begin the process of nourishing your body.



CREATE SUSTAINABLE CHANGE

Our workshops teach employees how to make gradual and sustainable changes toward a more healthful lifestyle. Our techniques are based on the science of nutrition and evidence-based research. Learn how to make sense of nutrition information we hear in the media and which are the most powerful lifestyle changes for optimal wellness.

CUSTOM TEATIME WORKSHOPS

Using the best practices from both East and West medicine and whole-health philosophies, Teatime Workshops can be personalized to meet your corporate needs, from discussions on nutrition and wellness to the benefits of complementary modalities such as yoga and breathing exercises. We'll meet at your office for a 60-minute brown-bag lunch session or an afternoon pick-me-up.

THE CORPORATE TEATIME WELLNESS SERIES

Our Corporate Teatime Wellness Series includes 3 to 6 workshops monthly or bimonthly.

Teatime Workshop 1

Nutrition 101: Integrating Healthy Foods into Your Diet

Teatime Workshop 2

Stress Management: What Does it Cost You & How to Reduce

Teatime Workshop 3

Mindfulness with Yoga and Breath Work

Teatime Workshop 4

Plant-Power: Vegetarian Diets, Which is Your Way?

Teatime Workshop 5

Improve Your Self-Care Strategies

Teatime Workshop 6

Nutrition to Nourishment: Putting it All Together

Get started now and experience the benefit of taking time to learn new things, contemplate change, and set wellness goals to improve your health. We'll bring the tea and help you host a stimulating and rejuvenating event.

Stimulate Your Mind.



Cultivate mindfulness in your daily life.

Feed your mind, body, and spirit.