

# Northern Financial Group Exclusive Corporate Program

**Complimentary no obligation trial:  
1 month for employees**

Through our Employee Wellness Program we are offering:

- ✓ First 3 months free- based on 12 months membership
- ✓ No registration fee
- ✓ Qualify for our Premium Exclusive Corporate Rate
- ✓ 1 hour Lunch and Learn session that will include one of the following topics below. These sessions will be presented by our nutritionist and personal trainer at a date and time agreed with One Health Clubs

## LUNCH & LEARN TOPICS

### **9-5 Nutrition: The Basics**

The world of nutrition is always changing and evolving with the latest scientific studies. This is nutrition made simple. Understanding the nutritional priorities for proper body composition change and healthy lifestyle

### **Nutrition in the Workplace**

Struggling with rushed mornings or no time for lunch? How about take out food filled meetings and getting home late dinner struggles? Workday schedules can make it challenging to eat well. Healthy nutrition at work can boost concentration, productivity and overall vitality.

### **Healthy Weight Loss and Management**

Diets are temporary - because you want to lose weight temporarily. Understanding the top nutritional habits that promote fat loss and sustainable healthy weight management that you can start today.

### **Shake the Sugar Habit**

Do you suffer from the 3:00 - 4:00 pm slump during the workday? What about feeling every meal needs to end with something sweet? Learn the negative effects sugar can have on the body and discover how to cease the cravings, gain more energy, yet still enjoy sweets in a healthy way.