



Corporate Offerings

- Weight Loss Groups & Team Challenges
- Activity Challenges
- Lunch & Learns on Nutrition and Health
- Interactive Wellness Booth
- Cooking Demonstrations (including quick & healthy lunch ideas)
- Health Risk Assessment (Body Composition, Blood Pressure, Anthropometrics, BMI, etc.)
- Nutrient Analysis of Employee Intake & Reporting
- Recipe Analysis
- Cafeteria Audit & Solutions
- Company Branded Educational Handouts, Blogs/ Newsletters, Bulletin Boards
- Wellness Initiatives, such as American Heart Month, National Sleep Awareness Week, Breast Cancer Awareness & Others
- On-site employee Nutrition Counseling / Clinic
- Online Offerings: Telehealth (individuals) & Webinars (groups)
- Grocery Store Tours

Corporate offerings are customized to your organizations's unique needs



Sample Lunch & Learn Topics

- Healthy Eating On-The-Go
- Happy Gut
- Understand Your Microbiome & Metabolism
- 5 Nutrients for Heart Health
- Tips for Navigating Food Labels & Shopping
- 7 Habits for Optimal Health
- Healthy Cooking Simplified
- Ideas and Tips for Healthy Eating Out
- Say No to Dieting - Build Healthy Habits
- Your Metabolism & Exercise
- Sleep Your Way to Better Health
- Stress Management Tips - How Nutrients can Help
- Nutrition Tips for Surviving the Holidays

Insurance Benefits:

Individual and group sessions are covered by most health insurance companies. We will verify your organization's plan benefits for you.

Anne Till Consulting LLC

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Corporate Wellness

Dietitians & Nutritionists

www.annetill.com

919.990.1130

About Us

Anne Till Consulting LLC is a team of highly trained registered dietitians/nutritionists providing on-site and remote corporate wellness services.

Our practice uses current evidence-based methods to support our overall goal of providing clinically sound nutrition information and wellness interventions to individuals, groups, companies, and the public.

We are committed to empowering individuals to make healthy habits, like healthy eating, a way of life. We accomplish this through tailor-made programs based on individual needs, food preferences, and health objectives.

We similarly provide individual programs for corporations. This process includes a needs assessment, a proposal to address the identified health objectives of your organization, and implementation of the agreed program.

Our goal is to decrease your organization's healthcare spending by empowering your employees to take charge of their health through sustained behavior change. We partner with you to create employee incentives and we strive to foster employee morale by improving overall health and wellness.



Let us help you shape your work environment into one that promotes health. We bring wellness to the workplace.



Why Invest in Health in the Workplace?

Implementing sustainable employee wellness programs contributes to improved employee health, elevated workplace morale, increased productivity, and a reduction in absenteeism, making wellness interventions a "win-win" solution for the employee, employer, and community at large.



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On-site Offerings

One-on-One Counseling & Education with Personalized Meal Plans. Ongoing Monitoring and Support to Promote the Desired Outcomes

12 Week Weight Management Program

Diabetes Self-Management Training (DSMT) Classes & Individual Programs

Nutritional Counseling benefits the following conditions:

- Overweight/Obesity/Underweight
- Prediabetes & Diabetes
- High Blood Pressure, High Cholesterol, Heart Disease
- Gastrointestinal Problems, Reflux, IBS, SIBO
- Food Allergy / Food Intolerance
- Special Diets, such as Vegan/Vegetarian, Gluten-Free & Others
- Sports Nutrition
- Nutritional Support for Infertility & PCOS
- Autoimmune Conditions and Inflammation
- And Many Other Conditions



Our Dietitians & Nutritionists are Experts in Nutrition & Health Coaching.
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