



REAL NUTRITION KITCHEN

# Corporate Wellness Workshops

BOOST ENERGY • IMPROVE FOCUS • THRIVE AT WORK

Presented by Stacey Ring, MS

*Evidence-Based Workplace Nutrition Education*



Real Nutrition Kitchen provides engaging, practical nutrition education designed to help employees improve energy, focus, stress resilience, and overall well-being.



Workshops are available virtually or onsite throughout the Sacramento region.



All sessions include actionable takeaways that employees can implement immediately.



## ABOUT THE PRESENTER

Stacey Ring, MS

*Founder, Real Nutrition Kitchen*

Stacey is a clinical nutrition professional with a Master's degree in Nutrition and Human Performance. She specializes in practical, evidence-based nutrition education that helps individuals improve energy, digestion, and overall wellness through sustainable lifestyle changes.



**INTERESTED IN BRINGING A WELLNESS WORKSHOP TO YOUR TEAM?**

*Let's create a healthier, more energized workplace together.*



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Virtual or In-Person Options



Sessions Available for Groups of All Sizes



Serving the Greater Sacramento Region



## ENERGY WITHOUT ANOTHER CUP OF COFFEE

### HELP EMPLOYEES BEAT THE AFTERNOON SLUMP

Many employees rely on caffeine to get through the day, but energy crashes often stem from blood sugar fluctuations, inadequate protein intake, dehydration, poor sleep habits, and nutrient gaps.



#### PARTICIPANTS WILL LEARN:



- Why energy crashes happen
- How to build balanced meals that support sustained energy
- Simple strategies to stabilize blood sugar
- The role of hydration in productivity and focus
- Practical snack and meal ideas for busy workdays



DURATION: 60 MINUTES



#### EMPLOYEE BENEFITS

Improved energy, better focus, less fatigue, and sustained productivity throughout the day.



## THE BUSY PROFESSIONAL'S GUIDE TO HEALTHY EATING

### NUTRITION STRATEGIES FOR REAL LIFE

Healthy eating doesn't require complicated meal prep or expensive specialty foods. This workshop teaches realistic nutrition habits for busy professionals.



#### PARTICIPANTS WILL LEARN:



How to build balanced meals in minutes



Grocery store shortcuts that save time



Healthy convenience foods worth buying



Restaurant and takeout strategies



Meal planning systems that reduce stress



DURATION: 60 MINUTES



**ENGAGING & PRACTICAL**  
Interactive workshops designed for real-life application.



**FLEXIBLE DELIVERY**  
Virtual or in-person options available.



**MADE FOR WORKPLACES**  
Evidence-based education that supports employee well-being and organizational success.





# WOMEN'S HEALTH IN THE WORKPLACE

SUPPORTING ENERGY, HORMONES & LONG-TERM HEALTH

Women experience unique health challenges throughout their careers, including menstrual cycle changes, perimenopause, menopause, stress-related symptoms, and fluctuating energy levels.

## PARTICIPANTS WILL LEARN:



How nutrition impacts hormones and energy



Common signs of nutrient deficiencies



Strategies to support healthy aging



Nutrition for stress resilience



Simple habits that support long-term health

## EMPLOYEE BENEFITS

- ✓ Supports women through life transitions
- ✓ Improves energy, mood, and focus
- ✓ Reduces stress and burnout risk
- ✓ Strengthens overall well-being and productivity



DURATION:  
60 MINUTES



# LUNCH & LEARN: COOKING FOR ENERGY AND WELLNESS

INTERACTIVE NUTRITION EDUCATION +  
LIVE COOKING DEMONSTRATION

A highly engaging workshop where participants learn practical nutrition concepts while watching healthy meals come together in real time.



## PARTICIPANTS RECEIVE:



Recipes



Shopping List



Nutrition Handout



Meal Preparation Tips



DURATION:  
60-90 MINUTES



AVAILABLE  
VIRTUALLY OR ONSITE



ENGAGING. PRACTICAL. EVIDENCE-BASED.  
Helping your team feel better,  
perform better, and thrive every day.



PERFECT FOR:  
Employee Wellness Programs,  
Lunch & Learns, Team Building,  
Health Fairs, and more.



SESSIONS AVAILABLE FOR  
GROUPS OF ALL SIZES  
From small teams to large  
organizations.



Let's create a healthier, more energized workplace—together.  
REAL NUTRITION. REAL RESULTS.