
















Healthy Workplace Programme

A healthy workforce is a productive workforce. Our free Ministry of Health funded Healthy Workplace Programme is facilitated by a Registered Nutritionist.

We provide support for workplaces to:

-  Become a 'health supporting environment'
-  Improve the nutrition environment with advice for cafeterias and vending machines
-  Become aware of and understand the risk factors for chronic diseases including type 2 diabetes and what to do about them
-  Improve knowledge and motivation for lifestyle change
-  Provide practical ways to make the 'best option the easy choice'

Examples of what we can provide include:

-  Site assessment and recommendations
-  Cooking demonstrations, easy fast and healthy recipes
-  Team and individual challenges
-  Individual health/ risk assessment and advice
-  Support for health expos, support groups and clinics
-  Presentations tailored to fit the organisation needs
-  Resources
-  Measurement of change/evaluation