

NOURISH YOUR TEAM

Corporate Wellness Programming That Employees Actually Look Forward To
with Stacey Woodson, MS, RD, LDN — The Earth-Centered Dietitian

Your team deserves better than another generic wellness perk.

Most corporate wellness programs check a box. Employees attend once, grab a handout, and forget about it by lunch. Meanwhile, you're still dealing with burnout, disengagement, and turnover. What if your wellness programming was something people actually talked about — and came back for?

A DIFFERENT APPROACH TO WORKPLACE NUTRITION

Stacey brings food-as-medicine principles and an anti-diet philosophy into interactive sessions your employees will actually enjoy. Every session is hands-on, inclusive, and grounded in clinical nutrition science — not another lecture about drinking more water.

MONTHLY SERIES

12-month engagement with one interactive session per month. Builds momentum, deepens impact, and becomes part of your culture.

Starting at \$16,000/year

SINGLE SESSION

A standalone 45-minute interactive presentation. Perfect for wellness weeks, team offsites, or testing the waters before committing.

\$1,500 per session

SAMPLE SESSION TOPICS

- ✓ Beating the 3 pm Crash: Foods That Fuel Focus
- ✓ Stress on a Plate: How Diet Shapes Mental Health
- ✓ The Anti-Inflammation Kitchen
- ✓ Eating for Energy: Seasonal Nutrition Strategies
- ✓ Kitchen Medicine
- ✓ Beyond the Diet: Building a Healthy Relationship with Food
- ✓ Meal Prep for Real Life (Not Instagram)
- ✓ Heart Health, Gut Health, Whole Health

WHY COMPANIES CHOOSE STACEY

Clinical Credentials

MS in Clinical Nutrition (NYU),
Registered Dietitian,
Licensed 15+ years in nutrition practice.

Dynamic Presenter

Keynote speaker, media spokesperson,
and cooking demo host. Interactive
sessions, not lectures.

Proven Experience

Corporate lunch-and-learns,
CEU-eligible sessions for healthcare
professionals.

FLEXIBLE DELIVERY

In-Person | Virtual | Hybrid

Ready to nourish your team?

stacey@staceywoodson.com | staceywoodson.com | LinkedIn: staceywoodson-ms-rd-ldn