



Healthy Desk Snacks

Length: 1hr

Delivery modes: Onsite & Virtual Sessions, Wellness Perks at Team Away Days, Conferences - Breakouts.

Details: Do you find yourself eating unhealthy snacks due to lack of knowledge/time? Does this cause energy spikes and lulls, mood swings and tiredness? Escape the vicious circle of highs and lows, with tips shared in this workshop. Employees will learn how to Slay The 3pm Energy Slump with 3 Healthy Desk Snacks. These protein packed powerhouses will give your body essential nutrition, whilst helping keep emotions and energy levels balanced.

Quick and simple recipes to transform detrimental desk snacking habits.

Connect with WORKBLIS to discuss requirements - hi@workblis.com