

Remote Lunch & Learn Webinar Series

Nutrition & Wellbeing in the time of Remote Working

Michele Chevalley Hedge, qualified nutritionist, international wellbeing author, Cure Cancer Ambassador and media personality, will support you in your new normal... working from home. This webinar series is educational and actionable and most of all - not extreme. Michele will deliver easy to follow, evidence based, serious wellbeing topics in a light fashion. Michele likes to refer to this as 'peppering' her presentations with a bit of humour. These seminars will not allow the "Corona Spread" to happen to your waistline, but instead will improve your mental wellbeing, energy, vitality, and immune system.

WEBINAR 1: EVIDENCE BASED STRATEGIES

Increase Immunity, Decrease Weight Gain - The 4 S's You MUST Know

Immunity boost

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The evidence and research on how we nourish ourselves and how it affects our immune system and overall wellbeing has always been important especially when we are under stress or in challenging times.

This webinar will:

- Understand how the 4's of Sugar, Sleep, Stress and Supplement should be your wellness prevention toolkit.
- Provide the latest research on immune boosting foods, spices, herbs and what makes them effective.
- Focus on your new normal and how it might be leading to binge eating, erratic eating and how to prevent the "corona spreading waistline".
- Create what a day in the life of you might look like during CV19.

WEBINAR 2: EVIDENCE BASED STRATEGIES

"Real People" Foods & Supplements



Let's clear up confusion and myths. I am a real person, with kids, a business, and a slightly messy laundry. I like real food that doesn't cost a fortune, is easy to find, gives me brain and physical energy, and tastes great. I am most likely a little like you. I embrace reliable, qualified advice from experts in a time of need. I like micro hacks to improve my life. Right now, we need to learn to feed ourselves for preventative wellbeing. We are living in an overfed, but undernourished world. And lastly, I dislike waste on supplements so we will review only what we truly need and the best brands.

This webinar will:

- Provide an understanding on the link between and impact of nutrition on mental health, stress, resilience and ultimately productivity
- Introduce dinner planning that turns into healthy lunches and cater to all members of a picky family.
- Evaluate essential pantry items and cooking from the pantry meals.
- Discuss what supplements we need, dosage, and why.
- Tangible take aways - Prepare a “Day in the Life of You”.

WEBINAR 3: EVIDENCE BASED STRATEGIES

Mental Resilience and Brain Power

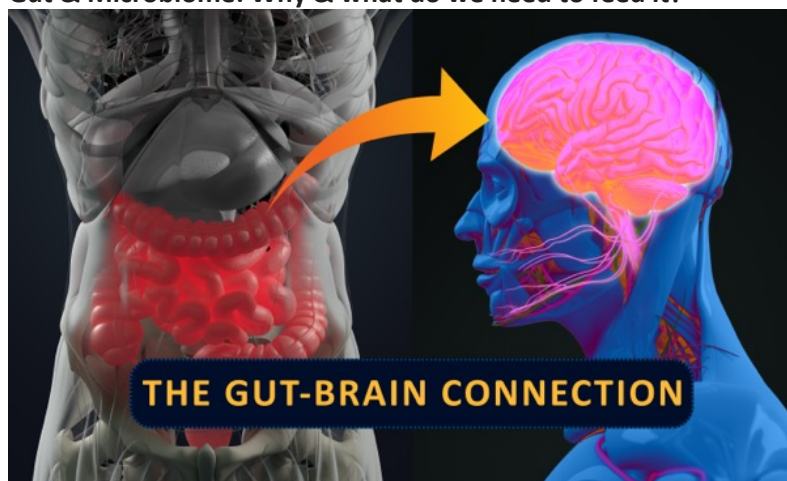


This webinar will:

- Provide you with 5 simple food & lifestyle strategies to minimise anxiety that are medically researched
- Discuss what we need to do to clean up the past 10 years of gut rubbish we may have consumed.
- Provide practical tips on daily probiotic and prebiotic foods and supplements.
- Discover what supplements have evidence-based research on cognitive function and mood disorders.

WEBINAR 4: EVIDENCE BASED STRATEGIES

Gut & Microbiome: Why & what do we need to feed it?



Most of us have heard of the Gut – Brain connection. We will delve into this, and anxiety and depression, and how to minimise risk factors. What we feed our gut is imperative for our invisible wellness bubble that surrounds us as well as our immune system. Did you know that our immune system lies in our gut?

This webinar will:

- Provide you with 5 simple food strategies to minimise anxiety that are medically researched
- Discuss what we may need to do to clean up the past 10 years of gut rubbish.
- Provide practical tips on daily probiotic and prebiotic foods and supplements.
- Disclose evidence-based medical research on cognitive improvement and mental resilience.

Corporates investment:

4 Wellness Webinars – Once a week over 4 weeks- 30-40 minutes with a live Q & A. This webinar will also be available as a download so that your employees can view at any time.

Closed Facebook-We will continue support your community and their morale with a closed, private Facebook group monitor by Michele and the qualified nutritional medicine practitioners at A Healthy View. Community interaction on healthy food, snacks, recipes, sleep remedies, exercise tips, positive mindset, uplifting podcasts, wellbeing experts and more are all part of this engagement community over the 4 weeks of seminars.

Low Sugar Lifestyle- 28-day online nutrition & wellbeing program. <https://ahealthyview.com/low-sugar-lifestyle/>

Please email Michele direct on michele@ahealthyview.com or 0403606225 for your investment costs and license fee.

Current Corporate Wellness Clients:

Accenture, CommBank, Deloitte, ANZ, Westpac, HSBC, Financial Planning Association Australia, Sydney Business School, AMP, Hillross, ServiceNow, Department of Human Services, SA Police Department, SA Rural Fire Brigade, Financial Planners Assoc, Hillross Financial, Lazard Asset Management, Herbert Smith Freehills, BT Financial Planners, JLL, 151, Employsure, Rams Home Loans, Aussie, Hartcourt , ServiceNow, Golden Door, EO, Microsoft, Apple, Google, Dexu, Dropbox, Woolworths, Westfield, LifeView, MetroTrains, ISI, Department of Defence- NAVY, McGrath Real Estate, Patties Pies, Guzman Gomez, Thr1ve, TRET Real Estate Training, Heart Research Institute, CureCancer, Golden Door Australia, Body & Soul, Sunrise 7, Accor Hotel Group, 2UE, KISSfm, YPO, a2 Milk ,Business Chicks, Accor Hotel Group