

# Corporate Wellness Program

Resources to help you succeed

785-554-4524

## *What we offer*

- **Educational Programs on topics including:**

- Healthy Eating for Busy People
- Menu Planning
- Shopping Skills
- Healthy Cooking Classes
- Diabetic Meal Planning
- Nutrition for the Ages
- Food for Busy Kids
- Group Diet Match Maker
- *And more.....*

- **Employee Meal Solutions Discounts**

Busy people with too few hours in the day are forced to make sacrifices. Too often, healthy meal choices are one of the first things to go. As you know, poor nutrition affects health, happiness, productivity, and medical expenses. Our company offers meal solutions for every individual. No longer must busy employees choose between healthy meals and the time it takes to prepare those meals. We even offer meals specifically designed for those trying to lose weight.

We can offer our locally produced healthy pre-cooked meals as part of your Wellness Program in two different formats.

1. You may offer these meal solutions to your employees at discounted rates for no additional cost to your company. Instead, we only ask that you contract with us to make annual educational presentations on Healthy Eating for Busy People and make our literature readily available to your employees year round.
2. Your second option is to supplement the cost of this affordable meal solutions service to your employees. This can be an invaluable part of a short-term annual wellness contest (e.g. Biggest Loser). For such events, we can also offer Individualized Nutritional Counseling to help your employees meet their wellness goals.
3. Or contact us with your ideas and we will create a program to meet your unique corporate environment.

## *Who we are*



**Angela & Stacey Davis**

Owners *Magic Meals Home Delivery*

Serving Greater Topeka / Lawrence KS

2004 to Present

### **Angela C. Davis**

Angela's passion for an all inclusive approach to life and health shine in her inspirational education and coaching sessions. Her years on stage give her a charming charisma during speaking engagements.

B.A. Anthropology

Washburn University 2000

M.S. Holistic Nutrition

Clayton College 2009

### **Stacey S. Davis**

Stacey is a trained speaker whose joy in teaching that food that is good for you can also taste good comes through each time he speaks.

B.S. Electronics Engineering Tech

Kansas State University 1991