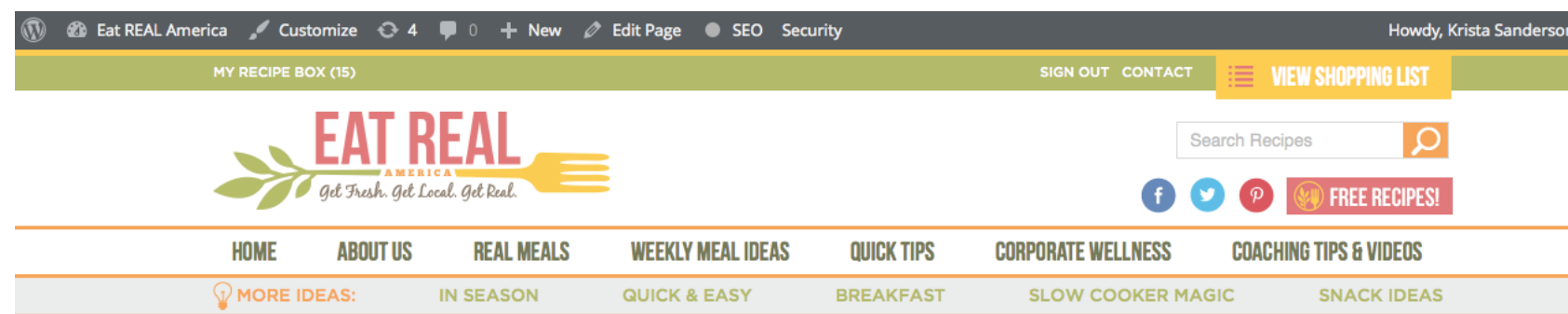


Login > Visit Page > Click Edit at the Top of the Page

1. Edit Content
2. Choose Sidebar
3. Click the Blue Update Button

To update page graphics please contact CBD, we would be happy to update them for you!



1 **CORPORATE WELLNESS**

2 *Guaranteed Employee Engagement!*
Our Lunch-and-Learn programs help participants learn firsthand how easy it can be to enjoy great-tasting healthy meals!

THE EAT REAL WELLNESS EXPERIENCE

The key is the experience...to see how easy it can be to prepare a variety of meals using REAL ingredients, to experience the great taste and to understand why these meals are good for our health (and why the things we may be eating today can adversely affect our health).

- **Customized Menu!** The menus can be customized... a recent session included Sweet Potato Sloppy Joes, Simple Kale Salad and fresh fruit. Another included Slow Cooker Carnitas Pork Tacos, Southwestern Coleslaw, and Pineapple Salsa. We love to hear ideas or requests from employees!
- **Quick Tips!** We also provide several quick tips to help people follow through on their desire to eat healthier. Examples include simple homemade dressings, how to quickly turn veggies into noodles, and learning how easy it is to roast a variety of vegetables to make them taste great!
- **Ongoing Help!** While the Lunch and Learns are a great way to educate people and get them excited, ongoing interactions are very important to keep people motivated and on-track. To help with this, we can also provide periodic on-site REAL food coaching for employees. It can be as simple as having a set time once or twice a month in the workplace where employees can ask questions, discuss their challenges, identify new meal ideas or whatever is most beneficial for them. We can also provide customized coaching outside of the workplace for anyone interested.

This screenshot shows the WordPress 'Edit Page' interface for the 'Corporate Wellness' page. The page title is 'Corporate Wellness' with a red '1' next to it. The content area shows the text 'Guaranteed Employee Engagement!' with a red '2' next to it, followed by the heading 'The Eat REAL Wellness Experience' and a paragraph of text. The right sidebar contains settings for 'Custom Sidebar', 's2Member™', 'Publish', and 'Page Attributes'. A red arrow points to the 'Update' button in the 'Publish' section.