



ENJOY FUN AND INTERACTIVE  
LUNCH & LEARN  
PROGRAMS

PROVIDED BY

**ZENCORP**  
W E L L N E S S

# *What is a Lunch & Learn?*

## NOTHING BRINGS PEOPLE TOGETHER LIKE GOOD FOOD

Lunch & Learns are an excellent opportunity for employees to enjoy a healthy, plant-based lunch and learn about a chosen health topic or theme. It can also be as simple as catering a nutritious and delicious lunch and inviting employees to try something healthy or fun, sometimes it can be yoga, sound healing, a magic show, etc. These can be done in-person at the workplace or offered virtually and provide employees an opportunity to learn something over a shared meal, or possibly how to make something quick, nutritious and delicious in the comfort of their own home while on the call.

Most of our Lunch-n-Learns occur in the office and involve interactive activities and usually include a Question and Answer component to ensure employee engagement. However there are many options out there to create a valuable and meaningful experience over a shared meal that will work with your needs and your budget. Lunch & Learns provide an interesting platform to inform and educate employees as well as encourage growth, development and build better relationships.

We can provide a list of health & wellness topics or we can create topics for focus that work with your theme or concept.



# Our Most Popular Health Topics



## EAT MORE, NOT LESS

Less isn't always more when it comes to weight loss and healthy weight management. This workshop shares insight into what foods to add in to meals to feel fuller and have more energy, as well as the importance of quality over quantity. Employees will also get a collection of healthy recipes.



## SWEET LIKE SUGAR

Did you know that sugar is like cocaine to the brain? It also wreaks havoc on the immune system. This workshop covers types of sugar, their impact on your health, mind, energy and the environment respectively. Employees will explore sweet alternatives, tips risks, health benefits and some sweet but sugar-free recipes.



## REAL & RAW

Living food is high vibrational, nutrient dense, and energizing. There are many ways to enjoy raw food and many benefits to it too. This workshop covers plant-based nutrition, common ingredients to boost the immune system and some real and raw recipes that are healthy and super tasty.



## FOOD CRAVINGS

Sometimes willpower is not enough, a nutritional imbalance could create physiological cravings for specific foods or tastes. This workshop will help employees understand and deconstruct their cravings so that they can satiate their needs without cheating themselves from their goals.



# Learn the Art of Meditation



## Pranayama

Pranayama are breathing practices that follow specific patterns and can be performed individually as a meditation practice or consciously guided through a yoga practice. There are countless types of pranayama and so many benefits, it calms the nerves, boost immunity, de-stresses the mind and balances brainwaves and many more.



## (Guided) Meditation

This is a great way to introduce your staff to the mindful practice of meditation. Our instructor-guided class will help students relax by focusing on the breath, to create stillness in the body and quiet the mind. Meditation has been shown to increase quality of life, lower stress and symptoms caused by inflammation. Corporations also benefit as it helps improve their staff focus, stay productive & work more efficiently.



## Sound Healing

Sound Healing is a way to create therapeutic experiences using sound, vibrations and music. Sound bowls are used to help align with certain healing frequencies, song with powerful healing lyrics and melodies can be sung or a variety of instruments can be used to create balance and harmony.



# Learn the Art of Healthy Cooking

Recipes provided include a third-party health rating from Meal Garden.



Cooking classes are organized and booked through a third-party Cozy Meal.

## Cozymeal



## Fish Friendly Sushi

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## Nutritious & Delicious Desserts

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## The Secret is in the Sauce

Did you know that ketchup has more sugar in it than ice cream per gram? Imagine all the sugar and perservatives that go in our every day condiments completely overlooked? Cumulative damage to our health occurs though our daily consumptions. Small changes create big changes, we have the right recipes.



# Introduction

At **ZENCORP** we believe the best way to treat illness and disease is to prevent it from happening.

In our opinion, FOOD IS MEDICINE.

Food is the foundation of our health, we are what we eat, and what we consume on a cellular level. We do not provide medical advice, we simply educate and encourage our clients to read labels and be more mindful of the food that they choose to consume/

Our highly skilled staff provide recipes, tips, nutritional information, meal planning that help save time, improve health, increase energy and allow employees to feel better in body, mind and thus, work more efficiently.







*Thank you for your time.*

**Please contact us with any questions or for any special requests.**

It would be an honour to serve health and wellness to you employees. We can provide a quote, create class suggestions and give recommendations based on your individual needs, requirements, space & location.

## Contact Us



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