

"Who Else Wants a **FREE LUNCH** for Their Office?"

Lighthouse Health's Community Service Department is offering "FREE LUNCH & General Wellness Seminars" to businesses in our community. Keeping employees educated on general wellness issues has been shown to lower absenteeism and reduce healthcare costs!

In order to qualify for the free lunch, you must have at least 10 employees sign up. We will do a free lunch and wellness seminar for 10 to 20 employees. If more than 20 employees sign up, we will schedule additional seminars to accommodate everyone.

Issues covered at the workshop are:

- Hidden factors that cause you to gain weight
- How to keep your energy levels up during the day
- Reasons you might struggle with focusing at work
 - The connection between attitude and health
- 7 things you can do to be more productive at work

Please have your interested staff members sign up on the sheet provided. We look forward to providing a great lunch and fabulous seminar for your company.

Please contact **[Name]** at 265-3400 or email **[www.youremailhere.com]** with any questions.

Have a happy and healthy day.

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Bag (Lunch Bag)*