



Our Free Corporate Luncheons are not only a fun and convenient way to show employee appreciation, they are a great way to educate employees about living a healthier life.

We provide the food and share a short presentation about how to live a life of optimal health. It's a great morale boost for your staff!

We'll leave your staff with great ideas about reducing stress and increasing energy to manage life, work, family, and their health.

Increase Your Employees' Productivity, Energy, and Overall Health!

Schedule Your Free Luncheon Today!

Keeping employees educated on wellness issues has proven to lower absenteeism and reduce health care costs!

At Lighthouse Health, we know that weight loss is a tough journey, but trying to go at it alone is an even rougher climb! Let us help!

For more information about our Free Corporate Lunches, give us a call!

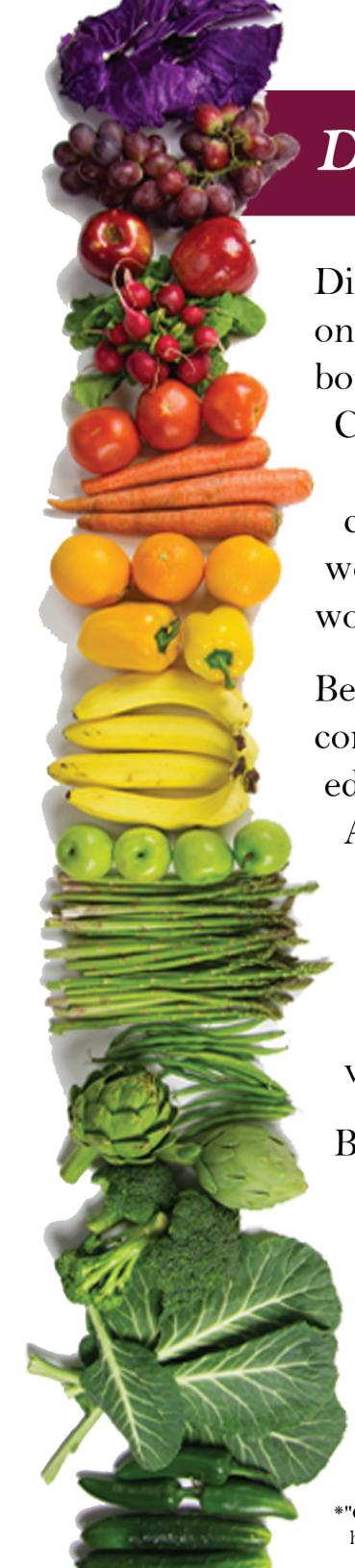
Treat Your Office to a **FREE** Lunch!



Our Corporate Luncheons are a Fun and Convenient Way to Show Your Employees That You Appreciate Them and to Lower Your Company's Workers' Compensation Costs!

**Lighthouse Health**  
& BODY MAKEOVER  
715 E. 3900 S. Ste. #107  
Salt Lake City, UT 84107  
Monday-Thursday 9:00am - 8:00pm

(801) 303-3632



## Did You Know We Can Save You Money?

Did you know that weight gain and poor eating habits are not only bad for someone's waistline, but also for an employer's bottom line? According to a study at Duke University Medical Center, obese workers filed twice the number of workers' compensation claims and had seven times higher medical costs from those claims. They also lost 13 times more days of work due to work injury or work illness than non-obese workers!\*

Because of the strong tie between obesity and workers' compensation costs, it is now more important than ever to educate employees about healthy eating and active lifestyles.

And we can help! Our goal is to give back to our community by sharing a great health message with the working people around us. This is our grassroots effort to educate people on things they can start doing on a daily basis to keep their stress levels down and become vibrant and healthy.

By targeting obesity in the work place, you can:

- Increase productivity and morale
- Reduce workers' compensation costs
- Reduce absenteeism
- Increase the overall health of the employees in your office.

**It's a win-win situation!**

\*"Obesity Increases Workers' Compensation Costs." Duke Medicine. 23 Apr. 2007. Web. [http://corporate.dukemedicine.org/news\\_and\\_publications/news\\_office/news/10044](http://corporate.dukemedicine.org/news_and_publications/news_office/news/10044).



### How We Can Help...

It's simple, really!

Just contact our office and let us do the rest! We'll bring the food and share a short presentation on how to start living in optimal health. Employees are left with a better understanding about their health and are motivated to improve it!

What's the catch you ask?

We simply ask that you gather 10-20 people in your office. That way we can spread this message throughout the community.

Schedule your free lunch today!

Call  
**(801) 303-3632**