**Nutrition: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

A yellow background with blue text

Description automatically generated

**The Power of Supportive Foods 🍎🥦**

You’re invited to join the two-week **Supportive Foods mini-series** on Wellbeats *Wellness* led by functional nutritionist Christina Sandok. In this program, we’ll explore a variety of foods that support all areas of health, including **digestion, immunity, metabolism, mental focus, sleep, and skin.**

For any questions, please contact [enter your contact information here].