

# Are your staff happy and healthy?



Employers need to act to reduce lost productivity when people go to work when they are sick, and act to create a healthier, happier and more productive workplace (Medibank, 2011).

## The cost of sick leave

- Sick leave cost Australian business \$30b in 2009/10
- Average absence rate of 10 days per employee per year
- 90% of people still went to work when they had flu, to spread the infection to others
- Lost productivity when sick people work cost \$34b/year
- Colds & flu, gastro, headaches & mental health issues are most common reasons for sick leave.

## A Nutritionist & Naturopath can help your business:

- ✓ Helping your staff stay happy and healthy at work
- ✓ Having a higher work attendance, productivity and more profits
- ✓ Happier employees that will value your efforts to improving their health and wellbeing.



0417 632 464

[ross@rosswalter.com.au](mailto:ross@rosswalter.com.au)

[www.rosswalter.com.au](http://www.rosswalter.com.au)

# Health & Nutrition Education

(45 minute sessions + 15 minute Q&A)



- ✓ Presented by an experienced Clinical Nutritionist and Naturopath, who comes to your workplace
- ✓ Ross Walter Nutritionist & Naturopath is passionate about helping people improve their health
- ✓ Post-presentation support and consultations
- ✓ Based on the latest scientific research
- ✓ Presentations are interactive with the participants
- ✓ Use professionally designed lesson plans

## Health topics include:

- ✓ Healthy weight loss and safe detoxing
- ✓ Nutrition and health myths
- ✓ Core nutrition for good health
- ✓ Stress prevention and treatments
- ✓ Cold and flu prevention
- ✓ and many more topics! (or a customised topic for your business)



## Options available

- ✓ Quick health assessments at your workplace (BMI, blood pressure, blood glucose, urinalysis, iridology etc & feedback)
- ✓ Personal consultations after the presentation
- ✓ Packages for multiple presentations are available

0417 632 464

[ross@rosswalter.com.au](mailto:ross@rosswalter.com.au)

[www.rosswalter.com.au](http://www.rosswalter.com.au)