

Bring Dr. Mitchell to the Office



Schedule Your Lunch & Learn Workshop Today!

What is a LUNCH & LEARN Workshop?

A workplace with fewer sick days, less stress and more production starts with a healthy, engaged team of employees! Our Lunch & Learn Workshops are a fun, interactive way to encourage a healthy lifestyle and positive mental attitude. As an authority on a wide variety of health topics, Dr. Mitchell can speak on any issue that is important to you and your organization.

Ask the front desk how you can lead your team to better health and wellness today!

What's Important to Your Team?

Weight Loss

Diabetes

Better Sleep/Insomnia

Injury Prevention/Care

Exercise/Fitness

Pain Management

Allergies

Digestive Disorders

Fibromyalgia

Hormonal Issues

...and many more topics to choose from!

Benefits

- ✓ Reduce Employee Health Care Costs
- ✓ Increase Productivity
- ✓ Fewer Employee Sick Days
- ✓ Build Stronger, More Cohesive Teams
- ✓ Investment in Personal & Professional Development
- ✓ Increase Profitability \$\$\$

"This event was impactful because we want to promote a healthy life style in our employees so that they can feel their best each day and be the most engaged person possible at work and outside of work" ~Marina Z., Neuberger|Berman

March 2015 Lunch & Learn Workshop

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Neuberger | Berman Investment Firm