

## SEMINAR TOPICS

### Nutritious & Delicious Meals & Snacks on the Run

Dining Out: Fast Food & Restaurants

Nutrition Myths

Performance Fueling in the Workplace

Organic Appeal

Fueling Your Workout

Know Your Numbers

Fire Up Your Metabolism

Holiday Survival Guide

Nutritional Supplement Savvy

Putting Out the Fire: Natural Anti-Inflammatories

## DID YOU KNOW...



... adding a square of dark chocolate daily (labeled at least 70% cocoa) may help lower blood pressure.

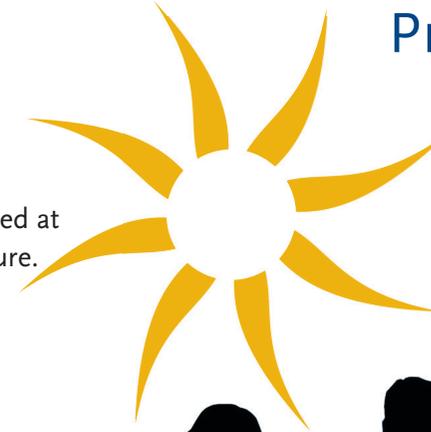


... five ounces of wine (red or white) has approximately 100 calories, the same as a 12 ounce light beer. Moderate intake of either can reduce your risk of heart disease."



... a six-ounce filet has less calories and fat than a traditional grilled chicken Caesar salad.

## ELMWOOD FITNESS CENTER CORPORATE NUTRITION PROGRAM



DON'T SEE WHAT YOU'RE LOOKING FOR?  
WE CAN CREATE A PRESENTATION ON ANY  
NUTRITION TOPIC, SPECIALLY DESIGNED  
TO MEET YOUR NEEDS.



## WHY INVEST IN CORPORATE NUTRITION & WELLNESS?

When you empower your staff with the knowledge to make healthy lifestyle choices and provide them with the tools to incorporate these modifications almost effortlessly, you will develop and retain a workforce that performs at their optimal capacity, misses fewer days due to illness, and feels energized – mentally as well as physically.

Research has demonstrated that for every dollar a company spends on a Corporate Wellness Program, they experience a \$3 return on their investment. In addition, other results have shown an overall drop in health care cost by 10%, a 55% reduction in medical claims cost, and higher job satisfaction and employee morale scores.

### ELMWOOD FITNESS CENTER'S LIFESTYLE NUTRITION PROGRAM

Our Lifestyle Nutritionists specialize in presentations to corporate groups, ranging from one-day Lunch & Learn seminars to a series of onsite workshops, building on the theme of seamlessly incorporating nutrition and wellness into a hectic lifestyle.

With an emphasis on nutrition education and behavior change, our presentations reflect cutting-edge research blended with real-world examples and strategies to incorporate into everyday life.

We work closely with you and your corporate culture to develop programs to accommodate your specific needs.

## CLIENT LIST

Chevron Corporation	Louisiana Superdome
Shell International	Gibbs Construction
Kean Miller Law Firm	Capital One
Jones Walker Law Firm	McDonald's
Stewart Enterprises	Rouse's
WOW Wingery	United States Marine Corps

"Molly put a lot of energy and enthusiasm into the presentation she gave to us. She knows her material, and it shows."

Randall Richmond, Project Engineer  
Shell International Exploration & Production, Inc.

"Elmwood's nutrition seminars are extremely informative and easy to translate into real-life changes. The onsite presentation was well-attended, and our employees were very engaged. For a small investment, we've reaped lasting benefits."

Melissa Gibbs, Project Manager  
Gibbs Construction, LLC

"In today's fast paced world, health awareness is not only important — it is critical. I found Molly's presentation to be freshly eye opening, while her skills as a speaker simply inspiring."

Anthony M. Williams, Partner  
Kean Miller Hawthorne D'Armond McCowan & Jarman LLP

## MEET OUR LIFESTYLE NUTRITIONISTS

### Molly Kimball, RD, CSSD



As manager of the nutrition program at Elmwood Fitness Center, Molly meets individually with clients, and presents nutrition seminars to a wide range of audiences. Serving as a spokesperson at various events targeting the New Orleans community, Molly is featured regularly as a nutritional expert on local and national news stories. She also writes monthly nutrition columns for *Louisiana's Health and Fitness Magazine* and *New Orleans Living Magazine*. Molly has been featured in national publications including *Vogue*, *The New York Times*, *Newsweek*, *Shape*, *Fitness*, and *Runner's World*.

### Elesha Kelleher, MPH, RD



With over seven years of nutrition experience, Elesha is highly skilled in weight management, youth nutrition, eating disorders, and food allergies. In addition to conducting nutrition seminars, she also offers grocery store tours and provides menu and recipe analysis services to restaurants and food suppliers. Elesha earned her Masters of Science degree in Public Health & Nutrition from Tulane University School of Public Health and Tropical Medicine.

For more information, or to book a Corporate Nutrition Seminar, please contact Courtney Slagle at 504-736-4714 or [cslage@ochsner.org](mailto:cslage@ochsner.org).

