

**ECLIPSE FUEL** 

# GROUP EDUCATION SEMINAR, WORKSHOPS AND COOKING DEMOS

## AT ECLIPSE FUEL WE LOVE TO PROVIDE CLIENTS WITH THE KNOWLEDGE AND SKILLS TO NOURISH THEIR BODY

Group workshops, seminars or cooking demonstrations provide a cost effective method to target more individuals. It is the perfect solution for workplaces, teams and sporting groups to promote a health first culture.





## LET US DO THE HARD WORK

We want to empower the community to fuel their best self

#### What we can do for you:

- Small group seminars
- Interactive workshops
- Cooking demos with taste tester
- Resources and recipes provided

### **Possible topics**

- Fuel for performance
- Energise your life
- Food and Mood
- Ditch the diet

For more information and individual pricing fill out the form on the work with me page on eclipsefuel.com
Alternatively contact Georgia Bevan - gbevan@eclipsefuel.com or on
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