



# PRODUCE FOR WELLNESS

*Workshop*

IMPROVE  
PRODUCTIVITY

INCREASE  
MORALE

INSPIRE  
WELL-BEING

Capital City Fruit Produce for Wellness Workshops invite participants to make healthier choices at work & at home. You and your employees will learn produce storage and handling tips, important nutrition information and easy ways to live a healthier lifestyle.

These virtual workshops encourage interaction in a work-from-home environment by answering trivia questions, learning fun facts and creating your own healthy recipe step-by-step in the comfort of your home!

Interested in scheduling a Produce for Wellness Workshop for you & your employees? **CLICK HERE** to fill out this form and a member of our team will be in touch!