



# Classie *and* Essential Nutrition

*A Corporate Nutrition & Healthy Lifestyles Consultancy*

## Healthy Lifestyle Essentials Series

*Presented by Patricia Marshall Harris of Classie and Essential Nutrition LLC*

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**Virtual Presentation via Skype:**

**Thursday, July 23 at 1:00 pm**

***Cope with Stress and Anxiety: Positive Coping Mechanisms***

**External dial-in number: +1 (215)241-2583 | Conference ID: 5208033**

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**Workshop II: Thursday, August 13 at 1:00 pm**

***Diet and Nutrition: Practicing Self-discipline and Avoiding “Emotional Eating”***

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Like almost every other facet of our lives, food preparation, nutrition, and healthy lifestyle advice are now being delivered virtually. In addition, with increasing numbers of corporate employees working remotely, there was a clear need to have employers sponsor nutrition and healthy food prep classes that could be made available to workforce members' homes, in a video chat format.

Even further, with the Coronavirus uppermost on everyone's mind and the growing expectation that it's going to be in our lives for the foreseeable future, the desire to stay healthy, for employees and their families, has become a greater priority than ever.

Participants in our **Healthy Lifestyle Essentials Series**, therefore, will be exposed to actionable nutrition advice and menus, tips for reducing the temptations of “emotional snacking,” exciting exercise regimens, tips for improving their sleeping habits and new coping mechanisms for dealing with workplace/home stress and anxiety. And it can all be accessed, now, from the comfort of their homes, in their own remote offices.

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### Background Information

**Patricia Marshall Harris** is an AFPA-Certified Nutrition and Wellness Consultant and Chef, who is especially committed to assisting workshop participants to develop healthy and nutritional food practices. She does so while adhering to two guiding principles: First, that nutritious food, under absolutely no circumstances, ever has to be bland or unappealingly presented and, second, that it is appropriate to expect that foods that contribute to a healthy lifestyle should also taste good.

Recipe sharing, and cooking demonstrations are prominently included in the Series, during which, participants are taught how to prepare simple, budget-conscious, healthy foods, using seasonal fruits and vegetables.