

Elevate Your Organisation's Wellbeing With Hills & Newton

Hills & Newton corporate activity programmes are designed to align with your organisation's culture & goals and bring together real-talk nutrition support, tasty food hacks and practical strategies to put wellness into practice - making a positive difference to your organisation and the people in it.

If you are looking for team-building, skill & awareness development or group activities to support your team or business' wellbeing, we'd love to bring our classes & style of support straight to your workplace.

Here's a glimpse of the types of programmes we offer:

- Energy All Day - say goodbye to the post-lunch crash...help your team to fire on all cylinders all day, every day.
- Gut Health - give your team the knowledge they need for optimum gut health; and make sure your workplace is running well from the inside out
- Menopause - demystify menopause, explore its impact on daily life & discover key nutrition & lifestyle changes to thrive in life

Each topic can be delivered via Lunch & Learn Sessions, half or full day Team Building Events. We also offer Wellness Drop-In Sessions (providing several of your staff a 30-minute drop-in session over the course of 1 day) & Content Creation & Policy Support services to create wellbeing policies & content that is relatable & reflects every day scenarios.

Who Are Hills & Newton

Hills & Newton are the good food dream team! We are BANT Registered Nutritionist Virginia Hills and Real Food Coach Katy Newton - Finalist, BBC Food & Farming Awards 2024. Together we combine nutritional knowledge with hands-on food know-how, all with a passion for helping people feel their best through good food & easy changes.

Our aim is to work with you to

- make team wellness a walk in the park
- help your team to eat well and flourish from the inside
- boost productivity and satisfaction
- create a more vibrant and healthy workspace

We love talking to people.

Contact us for more information, pricing and to book an introductory conversation:

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