



269 Annette Drive
Centerville, OH 45458

18 July 2006

Dayton Art Institute
456 Belmonte Park N
Dayton, OH 45405

To Whom It May Concern:

As healthcare provider costs continue to rise, one of the best things an employer can do to decrease some of those costs is to offer its employees health promotion classes and seminars. As Registered Dietitians, we are the experts in providing communities with nutrition information and guidance.

Core Nutrition, LLC would like the opportunity to help you provide your employees with the benefit of nutrition guidance to take on more healthy lifestyles. Our presentations can be molded to fit any length of time you ask, for any particular topic you would prefer. To give you some ideas, here is a list of some single-presentation possibilities!

- Weight Management – The Basics
- Weight Management – Tracking Progress
- Weight Management – Making Choices
- Weight Management – Translating Nutrition in the News
- Functional Foods – Your Guide to Prevention
- Fuel Up! Nutrition for Sport Performance and Recreational Training
- Fabulous Meal Makeovers – How to Makeover Your Favorite Recipes

Depending on your needs for the presentation, cost will vary according to time commitment. A presentation by a Registered Dietitian is available for \$300 per hour of presentation. Again, we are able to work with you and your needs for time and presentation type. In addition, we can be available to provide weight-management workshops – an ongoing support group for your employees. Weight management workshop quotes available upon request.

If you have any questions, or would like to discuss details for your group please feel free to call us at 937-260-9548 or email at CoreNutritionOhio@gmail.com. We look forward to hearing from you!

Sincerely,

Michelle Henry, RD, LD
President and Registered Dietitian
Core Nutrition, LLC