

# Team Building

A Day of “Productive Fun”!

## 1. “Vegucation”

- How do foods, your doctor, exercise and medication contribute to your health and productivity?



## 2. Taste & See

- Learn to prepare a Whole Foods Plant Based Lunch
- Experience the power of spices and herbs?



## 3. 10-Day Challenge

Powered by *plantpure*

- What do you know about the power of the “tribe?”
- Challenge yourself or support a colleague

