



## An Important Health Event brought to corporate America by:

### NATIONAL CENTER FOR EMPLOYEE EDUCATION

[www.EmployeeEducation.org](http://www.EmployeeEducation.org)

To: **PLEASE BRING TO HUMAN RESOURCES/EMPLOYEE BENEFITS** From: Adam Barnes/Executive Director  
National Center for Employee Education  
Tel: (866) 648-1544 Ext. 701

Fax: 17706428874 Pages: 2 (including the cover page)

Re: **"Eating Healthy and Reducing Stress"** Date: April 1, 2008

We are excited to inform corporate America about "Employee Health Awareness Day". To date, we have provided this event for over 5,000 companies and organizations.

**COLORFUL CARROTS:** Red carrots guard against heart disease and cancer. Purple carrots are powerful antioxidants that protect our cells from damage. *American Journal of Clinical Nutrition*

**VEGGIES HELP FIGHT STRESS:** Eating vegetables on a regular basis for two weeks reduced levels of stress and boosted levels of vitamin C. *Journal of Nutrition*

**WEIGHT-LOSS SECRET:** Persevering with a weight-loss regiment is more important than the type of diet selected. *Journal of American Medical Association*

**THE BANANA:** The banana can improve depression, PMS, blood pressure, hangovers, heartburn, nerves, ulcers, smoking, stress, strokes, and much more! *USDA & the New England Journal of Medicine*

Diabetes is on the rise of epidemic proportions. 17 million Americans have diabetes and many do not even know they have it.

Job stress costs over \$300 billion annually as a result of accidents, absenteeism, and employee turnover, diminished productivity, direct medical, legal and insurance costs.

With employees spending one-third of their days on the job, corporate America is in a unique position to promote health awareness. It's time for corporate America to show strong leadership and responsibility in improving the health of this nation.

NCEE events were designed to help employee's live healthier lives. By participating in this program a donation is made to the American Cancer Society to research a cure for this terrible illness.



**Please support "Employee Health Awareness Day."**

PROMOTING EMPLOYEE EDUCATION 1(866) 648-1544 #701

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To stop updates on any future events please call 866-327-4580 or 866-648-1544 ext. 708

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## NATIONAL CENTER FOR EMPLOYEE EDUCATION

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Date: April 1, 2008

Dear Sir/Madam:

We are **NCEE**, the **National Center for Employee Education**, a humanitarian organization devoted to furthering the education of all American employees. NCEE programs range in topics from Personal Health and Wellness Awareness to Individual Financial Security to violence prevention to drug and alcohol abuse and many others.

Our current program "**Healthy Foods and Stress Management**," is a practical and comprehensive presentation emphasizing on the importance of eating healthier foods, stress relief and proactive disease prevention. A detailed outline of all NCEE presentation information is made available prior to each event.

**Please Note:**

- NCEE Programs are funded by Humanitarian Grants, Contributions and Volunteers.
- The factual information and statistics were referenced by: **American Cancer Society, American Heart Association and, American Diabetes Association.**
- All participating physicians have an extensive background in nutrition, disease prevention and possess a true passion for advancing the health of the community through education.
- All NCEE presenters are strictly prohibited from soliciting any products or services.

Across the country, hundreds of non-profit organizations, corporations and volunteers have rallied together in an attempt to increase health awareness and make a difference. A local **SUBWAY** in your area will donate a free nutritious lunch for all of those in attendance. NCEE volunteers will cover every aspect of organizing this event from initial contact to feeding all of those in attendance. All we request is a room reserved and notification of all employees who may be interested in learning.

All NCEE events are reserved on a first come first serve basis. There are limited funds allocated for each area. We reserve the right to discontinue this program at any time. The current campaign is made available on the following dates:

**Monday April 14th, Tuesday April 15th, Wednesday April 16th, Thursday April 17th, Monday April 21st, Tuesday April 22nd, Wednesday April 23rd, Friday April 25th, Monday April 28th, Tuesday April 29th, Wednesday April 30th, Thursday May 1st, Friday May 2nd, Monday May 5th, Tuesday May 6th, Wednesday May 7th, Thursday May 8th, Monday May 12th, Tuesday May 13th, Wednesday May 14th, Thursday May 15th, and Friday May 16th.**

**Other dates available upon request.**

We look forward to reserving your event and speaking to you in more detail. Please call the National Center for Employee Education: **(866) 648-1544 EXT. 701** or for a faster response please email: company name, contact person and info, location address, and three potential dates and times to: [healthevent@EmployeeEducation.org](mailto:healthevent@EmployeeEducation.org).

**Please visit our website to view our time Warner presentation and you can view a seminar in progress!**

Warm regards,

Adam K. Barnes | Executive Director | NCEE

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