

WOMEN SUPPORTING WOMEN NEVER TASTED SO GOOD

Eldersburg, MD, March 15, 2021-- March is both Nutrition and Women's History Month, making it an exciting time for WellAdvantage, a woman-owned organization that specializes in providing corporate wellness solutions. In honor of these two observances in March, WellAdvantage is thrilled to announce their delicious new partnership with the talented and inspiring [Chef Sandra Lewis](#) of *Life at the Table*!

What makes this partnership even sweeter and timely is that each of the organizations is certified as a Women's Business Enterprise by the Women's Business Enterprise National Council (WBENC), the nation's largest third-party certifier of businesses owned and operated by women.

This sweet and savory collaboration allows WellAdvantage to offer their clients engaging and interactive cooking classes to further inspire and encourage corporate health and wellness. These exciting classes are virtual and instructed live by Chef Sandra.



“The most important step in the wellness journey is the confidence to cook simple, delicious meals using the ingredients you have in your pantry”, says Chef Sandra. “Our virtual classes teach the skills and cooking techniques workers need to boldly and confidently answer the most important question they ask every day, ‘What’s for dinner?’ We’re delighted to partner with Well Advantage to offer this life-transforming curriculum to their clients.”

Chef Sandra is a chef and speaker, classically-trained in French cuisine with a background in Human Resources Development. Today she combines her 20+ years of corporate experience with her culinary expertise to educate, inspire, and motivate people to live healthy, happy, and productive lives by works with individuals and organizations to build thriving cultures that begin around the home table with a meal and a conversation; the kitchen is simply the gateway for the endgame, life at the table.

WellAdvantage is excited to have the opportunity to work with a fellow woman-owned business as they continue to celebrate the contributions of women in culture and society all month long!

About WellAdvantage

As an award-winning small business in the corporate wellness industry, WellAdvantage provide their clients access to activities, services, and education in the area of health, wellness, stress reduction and fitness in the workplace. WellAdvantage strive to improve the quality of life for the employees and families of their clients as well as their own employees, while we strive to be an innovator and industry leader in the area of Worksite Health Promotion. For more information about WellAdvantage's award-winning solutions, visit www.welladvantage.com and follow @WellAdvantage on [LinkedIn](#).

Media Contact:

Lori Maccia

Sr. Director, National Accounts, WellAdvantage

lmaccia@welladvantage.com