

SCIENCE FOR EVERYDAY LIFE

Bring metabolic health science to your community.

Expert talks, practical education and scientific input for your workplace or wellness business.



Hana Kahleová, M.D., Ph.D. is a physician, researcher and author whose work focuses on nutrition, diabetes and metabolic health. Her research interests include plant-based nutrition and meal timing.

WORKPLACES / FITNESS COMMUNITIES / SPAS & HOSPITALITY

01 Expert Talk & Q&A

A suggested 60-minute session

A clear introduction to nutrition and metabolic health for employees, members or guests.

A planning call to agree your audience and topic · 45-minute talk and 15-minute Q&A · A practical takeaway sheet for participants

02 Four-Week Education Pilot

A proposed programme for one group

Give your community time to explore the science and turn learning into a practical personal plan.

An opening workshop and closing Q&A · Four short weekly learning guides · An organizer summary of participation and feedback

03 Scientific Advisory

A focused project with agreed deliverables

Bring research expertise to your wellness education, guest programme or team training.

A scoping call to define one priority · Review of an agreed set of educational materials · Written recommendations and a review meeting

Let's discuss your audience.

Share your goals, preferred timing and format. We will explore the fit and prepare a proposal with a scope and fee.

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Suggested formats; final scope, fees and availability agreed before booking. Educational services.

Explore [Hana's background](#) and [published research](#). September 2026