



Getting in Shape in 2011....

Improve Your Diet, Improve Your Health, Improve Your Business
in association with



Thursday 24 March 2011, 6.30pm for 7pm
(Mint Hotel, formerly City Inn)

When our working lives are so busy and there are ever increasing demands placed upon us, both at home and in the workplace, the same thing seems to come last in the priority order time and time again:

Ourselves and our health!

How many of the scenarios below sound familiar?

- Do you need caffeine to get you going in the morning?
- Do you suffer from the 3pm energy slump when you reach for something sweet?
- Do you have trouble sleeping
- Do you wake up tired?
- Are you lacking the energy that you once had?
- Do you suffer from frequent colds and flu?

These are just a few of the signs that indicate that an improvement to what you eat, when you eat and how you use the time available to you will benefit your overall well-being.

Whilst our intentions start off so well many of us find the time only to focus on how we look on the outside, forgetting what might be happening on the inside and the impact that this has on our personal wellbeing and our performance in the workplace.

To be successful in business and be happy in our home life we need to feel energised, think clearly and be healthy.

Julie Dodd of The Health Tree will be addressing these issues in order to re-energise our 2011. With a few simple changes to our diet Julie promises that we will be amazed at the difference we can make to our health and overall work performance. This promises to be an extremely informative and beneficial presentation – we very much hope you can join us.

Julie will be available over a 2 course dinner at City Café to continue the discussion and field any questions raised by the audience.



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I would like to book _____ place(s) for the "Getting in Shape" event on 24 March 2011 and enclose my cheque made payable to "Women in Business Association". The event costs £18 for members and £22 for guests.

Please note that refunds are not paid on cancellations made less than 14 days before the event. Any member who books but doesn't turn up will be charged for this event.

Name: _____

Guest(s): _____

Company: _____

Email: _____ Tel No: _____

Please return this slip together with your cheque by no later than midday on **22 March 2011** to Kim Beckford, Women in Business Association, c/o One Eleven, Edmund Street, Birmingham, B3 2HJ

Tel: 0121 234 0139

Fax: 0121 234 0079

E-mail: kbeckford@hbj-gw.com

Website: www.wiba.co.uk

Booking terms and conditions

Booking forms should be sent with payment prior to the event - payment deadlines and contact details are provided on the form.

Receipt of your booking whether by email or post indicates acceptance of liability to pay the attendance fee irrespective of whether you actually attend the event. We can accept payment by cheque or bank transfer.

Please note refunds are not paid on cancellations made less than 8 days before the event. Wiba reserves the right to refuse admission if payment is not received prior to an event.

Important notes: The booking constitutes a legally binding contract. It may be necessary for reasons beyond WiBA's control to change content, timings, speakers, date or venue of an event. Whilst every effort will be made to prevent this, in the unlikely event of a meeting being cancelled, WiBA will make a full refund but disclaim any further liability. Please note that payment must be made in full at time of booking.