



New Year, New Me? Sustaining a healthier lifestyle beyond January's good intentions

Friday 18th January 2019
Pinchos Café and Tapas House, 121 Edmund St, Birmingham, B3 2HJ
Lunchtime event – 12 noon for 12.30pm start, 2.15pm finish

Many of us start the New Year full of good intentions to live a healthier life following a festive season of indulgence and celebration. But how long before our commitment to exercising more, eating better and drinking less starts to wear off as our enthusiasm begins to fade away? What should we be doing to make sure that the changes we make in terms of exercise and nutrition are realistic, achievable and sustainable long after “Dry January” is through?

Join us for a lunchtime event with speaker Kelly Ravenscroft, qualified fitness and nutrition instructor and founder of Keep Fit with Kelly, based in Sutton Coldfield. As an entrepreneur herself, Kelly is no stranger to the challenge of balancing a challenging workload alongside family life and will be sharing her tips and hints on how to make healthy eating and exercise part of your already busy everyday life.

This event is hosted by Pinchos Café and Tapas House, located in the heart of the Colmore Row business district on Edmund Street. Pinchos is known for serving daily fresh food used to make light pinchos (small portions) for breakfast, lunch and dinner. It offers modern tapas-style dishes made with the best of British produce, along with a seasonally changing selection of cheeses and charcuterie. All dishes are prepared and served from open kitchens on the bar. Lunch will be accompanied by a selection of soft drinks, including a delicious non-alcoholic Sangria. For those not practising “Dry January”, alcoholic drinks may be purchased from the bar.

WiBA welcomes members and guests to this event which will include the usual opportunity for networking with new and existing contacts in an informal, supportive setting.

This event costs £20 for members and £25 for guests and includes a buffet lunch.

<https://www.eventbrite.co.uk/e/wiba-new-year-new-me-sustaining-a-healthier-lifestyle-beyond-januarys-good-intentions-tickets-53018536871>

Or go to www.eventbrite.co.uk and search for “WiBA”. If you need any assistance with the booking process please contact Rachel on enquiries@wiba.co.uk

Booking terms and conditions

Receipt of your booking whether by email or via Eventbrite indicates acceptance of liability to pay the attendance fee irrespective of whether you attend the event. Please note that 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. For details of how we use your booking information please see here: <http://www.wiba.co.uk/privacypolicy.html>