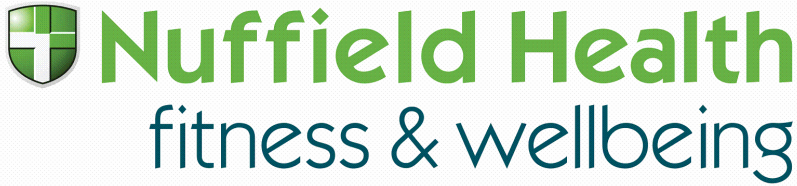


Sponsored by



Breakfast Meeting
Tuesday 10th November 2009
7.30am – 9.30am
Nuffield Health St Albans
Highfield Park Drive
St Albans,
Herts
AL4 0AH



St Albans • Harpenden • London Colney



Managing Stress and General Wellbeing in the Workplace

Guest speaker Paul Jarvis, Lead Physiologist Nuffield Health Wellbeing

The link between stress and poor health is something that we can no longer ignore as the prevalence of both short and long term stress related sickness increases. However, by encouraging optimal wellbeing through sensible lifestyle choices the negative physiological effects of stress can be greatly reduced.

This session will provide some effective tips to build your resilience to stress which can be used throughout your business to improve health, performance and reduce levels of sickness and absence.

All delegates are invited to use the health club facilities after the event.

Members £20 in VAT Non Members £25 inc VAT

Please return this slip with your remittance to:
St Albans District Chamber of Commerce, Suite 19 Stanta Business Centre,
3 Soothouse Spring, St Albans AL3 6PF. Tel: 01727 863054. Fax: 01727 851200

Guests: Name

E-mail Address

1)

2)

Card No: Expiry Date: (please note we cannot accept Amex)

Or, enclose a cheque for £

Payment must be received in full prior to the event. We regret that no refund can be made after the delegate list has been circulated. The delegate list for this event will be emailed to delegates on Monday, 9th November: If we have not received your booking by that date we will be unable to include your details on the list.

Nov 09/BM