

A **FREE** Seminar and Networking Event from



Wednesday 25 May 2011

Fit For Business?

Who: Justin Dodd : Evolve Training www.evolve-training.co.uk specialising in Corporate and Personal Wellbeing.

What: A talk from Justin of around 40 minutes followed by Q+A : Plus an opportunity to network with other attendees.

Where: The Aztec Hotel - Aztec West, Almondsbury, Bristol, Avon BS32 4TS
Free Car Parking

Why: Healthy Body = Healthy Mind?

To running your own business needs – energy and the stamina to push through your business plans. Lack of personal fitness = stress and inertia. How do we square the circle? Come and listen to Justin's stimulating talk on being Fit for Business.

When : **Wednesday 25 May 2011 : 7pm for 7:30pm**
Free light refreshments will be available

This event is also open to non-FSB Members; So please feel free forward this invitation on to interested business contacts.

[CLICK HERE TO REGISTER TO BOOK](#)

Diary Date:

Next Event : Wednesday 29 June : Same Time Same Place

Topic : Keep Calm Sell More

Sales for business owners from Trevor Lever

And the last Wednesday of Each Month through to November at the Aztec