

## Health Challenge Neath Port Talbot Breakfast Invitation Thursday28thFebruary2013

Come and have breakfast with

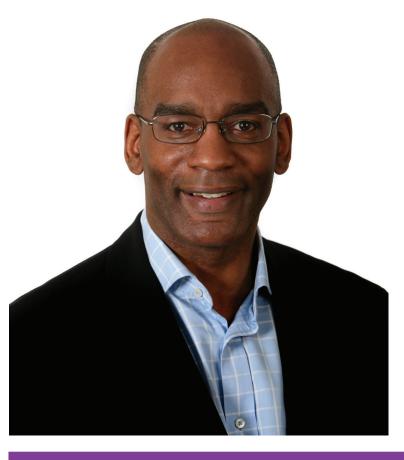
Former GB hurdler Welsh Rugby International &

BBC Head of Sport

on Thursday 28th February 2013

at Aberavon Beach Hotel, Port Talbot
7:30am - 10:00am

Put your questions to Nigel Walker about the importance of staying fit and healthy.



## healthchallenge heriechyd

## All those that attend receive:

Access to an **EXCLUSIVE** business website with help and advice on health and wellbeing **REDUCED** gym membership at all local Celtic Leisure venues for you and your employees **FREE** entry into a prize draw Information about local **TRAINING SESSIONS** for you and your staff in areas such as stress management, smoking cessation and lots more...

FREE HEALTH CHECKS will be available between 10am-11:30am

To register: Telephone 01639 763325 • Email hcnpt@npt.gov.uk

Rememberahealthyworkforceisahealthybusiness!