



Health Challenge Neath Port Talbot Breakfast Invitation

Thursday 28th February 2013

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

Remember a healthy workforce is a healthy business!