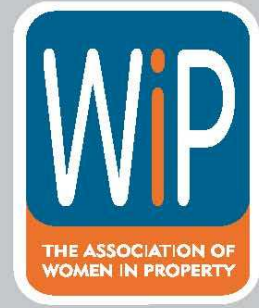


# Eat right, feel great!

## Nutritional advice and lunch

Thursday 9<sup>th</sup> February  
12:00pm – 13:30pm

Olivier Suite, Theatre Royal, Grey Street, Newcastle, NE1 6BR



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Student Awards:**

**TURLEYASSOCIATES**

In this world of processed foods and conflicting dietary information it can be difficult to know if you are eating healthily. Combine this with long hours, hectic schedules, business entertainment and skipped breakfasts and it can be difficult to find the time to prepare, cook and eat a balanced healthy diet.

Take some time out from your busy day to think about your health and wellbeing; you'll feel the better for it! Our nutritionist Katherine runs a successful practice in Newcastle and writes regular health and nutrition articles for magazines and newspapers. She will advise you how to:

- Optimise your brain power
- Boost your immune system
- Supercharge your energy levels
- Manage your stress
- Achieve healthy weight loss

The price includes buffet lunch, networking and advice from a professional nutritionist. Please return forms by Thursday 2<sup>nd</sup> of February in order to receive a food diary to fill out. Please note places are limited.

**To Apply:** Please fill out and return the attached form together with your cheque (payable to "Women in Property") to:

Beth Brierley-Jones, Nigel Wright, 78 Grey Street, Newcastle, NE1 6AF  
T: 0191 222 0770 E: [Beth.brierley-jones@nigelwright.com](mailto:Beth.brierley-jones@nigelwright.com)

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<b>Nutritionist Lunch: Members £23.00      Non Members £30.00</b>	
Name:	.....
Company:	.....
Contact Tel No:	.....
Email Address:	.....
Guest & Company:	.....
Guest & Company:	.....
Number of tickets required: .....Member tickets @ 23.00.....Non-Member tickets @ £30.00	