



**Talks Available at your offices by the Medical Team at Number One Health**

Each is 1 hour (40 minutes of talk and 20 minutes of Questions and Answers)

Fees £500 ex VAT

To book please call Ms Catherine Utting 0207 291 0940 on or email [Catherine.utting@numberonehealth.co.uk](mailto:Catherine.utting@numberonehealth.co.uk)

- Strategies to reduce personal and organisational stress
- Lifestyle ó Nutrition/Alcohol/Smoking/Drugs and Fitness ó a healthy overview
- Exercise ó why you should bother
- Exercise regimes for those with permanent or temporary disability ie a bad back
- Health Screening ó what can be found?
- Risks of Overseas Travel and how to manage those risks
- The New Cervical Cancer Vaccine
- Sexual Health
- Pandemic Flu preparation for business

**Client comments:**

We have had some excellent feedback for your session, which I thought we should share with you;

- \* the content and value of your presentation was rated very highly by our delegates
- \* delegates also commented that your presentation was -excellent, very interesting and useful, good presentation, excellent speakerø **Royal Institute of Public Health 2007**



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**ONE**HEALTH