

Tackling the Stress Factor

One on One *The workshop series*



In association with:



Saturday June 26 • October 2 • November 20 • February 12, 2011

The Royal Institute of British Architects (RIBA), London W1

REGISTRATION FORM

Please complete this form using a black pen and fill in all the requested information.

Title Family name First name

Job title

Company

Address

Postcode Country

Tel (including country code)

Fax Email

Please indicate if you will require overnight accommodation. *Preferential rates can be arranged for attendees.*

COST PER SESSION AND PAYMENT METHODS

Please indicate which date you would like to book for:

SATURDAY JUNE 26 OCTOBER 2 NOVEMBER 20 FEBRUARY 12 2011

Tickets are priced at £199. Includes lunch & refreshments and a FREE copy of Sue Firth's new book *More Life-Less Stress - A practical guide to increasing well-being and staying sane in a mad world!*

Visa Mastercard Diners Club American Express (tick as appropriate)

Card number CVV 3-digit security code

Valid from Expiry date

Name of card holder

Signature Date

Please note that a credit card booking fee will apply

HOW TO BOOK

Fax this form to: +44 (0)208 1814607

Post to: Unit 8, Rutford Court, 9 Rutford Road, Streatham, London SW16 2DQ

Call +44 (0)7890 888190 • Email: health4life@inside-outnutrition.com • To book online go to www.tacklingstressoneonone.com

PLEASE NOTE: If you wish to book by credit card or cheque, the full ticket amount must be paid upon receipt of the booking form. It may be necessary for reasons beyond the control of the organisers to alter the content or timing of the programme.

Cancellations: Cancellations received in writing one month before each event will be refunded in full less an administrative charge of £20 for each ticket booked. We regret that cancellations cannot be accepted thereafter. Substitutes are acceptable at any time.

Enquiries: Please address all enquiries to the Events Organising Team, Health4Life, a subsidiary of Inside Out Nutrition (UK) Ltd
Tel: +44 (0)7890 888190 • Fax: +44 (0)208 1814607 • Email: Health4life@inside-ounutrition.com / events@inside-outnutrition.com

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