



St Albans • Harpenden • London Colney

Breakfast Meeting
Wednesday 6th April 2011
7.30am – 9.30am
Nuffield Health St Albans
Highfield Park Drive
St Albans,
Herts
AL4 0AH



Networking Breakfast & Business Card Exchange

With Guest speaker Jay Brewer, Clinic Manager Physiologist Nuffield Health Wellbeing

Caffeine, energy and performance.

Many of us feel the need for our cup of coffee with breakfast or as we arrive to the office, it's a habitual part of our day to start work with a quick perk from caffeine without thinking about the consequences of its actions or the reason why we feel the need for it in the first place. Many of us can remember a time when we didn't need caffeine but still had high energy levels and with the shift of English culture away from 'pub culture to 'café culture', caffeine may now be the most widely consumed drug in the country. The presentation will take a look at the positives and negatives of caffeine, how it works within our bodies to excite us and recommended intake levels. There will also be information on how to naturally boost energy levels without stimulants and boost performance as a result.

All delegates will be given a one week guest pass to the club

Members £21 + VAT Non Members £26 +VAT

Book now on-line www.stalbans-chamber.co.uk/buy-online/events/

Payment must be received in full prior to the event. We regret that no refund can be made after the delegate list has been circulated. The delegate list for this event will be emailed to delegates on Monday, 4th April: If we have not received your booking by that date we will be unable to include your details on the list. Apr 11BM