

The Fit for Work Service invite you to a series of free Workshops for employers:

Workshop	Date	Time	Participants	Facilitator
Managing Stress in the Workplace	Thursday 20 th January 2011	9.30am – 12.30pm	Maximum 20 participants	John Griffiths Work2health, Cardiff
Healthy Lifestyles	Thursday 17 th February 2011	9.30am – 12.30pm	Maximum 20 participants	Denise Hampson Hampson Solutions
Managing Sickness and Presenteeism	Thursday 17 th March 2011	9.30am – 12.30pm	Maximum 12 participants	Rukhsana Nugent Rukhsana Nugent Training Solutions

All workshops will be held at Rhyl Fire Station, Coast Road, Rhyl, LL18 3PL .

Tea & coffee will be provided. Registration from 9am.

Booking is essential as numbers are strictly limited

Book your place by emailing Lloyd.beattie@rhylicitystrategy.co.uk