THE SOCIETY OF ADVOCATES IN ABERDEEN
Concert Court, Aberdeen AB10 1BS
Tel: 01224 640079
Website: http://www.socofadvocates.com

HEALTH AWARENESS SEMINARS

The seminar will take place between 1-2 pm in the Library, sandwiches and light refreshments will be available from 12.45 pm for £15. Alternatively come for 5-6pm with no refreshments for £5. Payment details are available at:
http://www.socofadvocates.com/resources.php?section=payments

It would be appreciated if anyone who is unable to attend a booked seminar would give as much notice as possible. This will ensure that the place can be offered to someone else, and so hopefully provide a refund.

NAME ……

EMAIL ADDRESS ……

DIETARY REQUIREMENTS ……

Date	Topic	Tick to attend
Monday 03.10.16	Val Deans has moved from a career in industry, into health and wellbeing, with a specific focus on lifestyle and stress within the professions. Val has agreed to run two seminars to discuss these issues, which affect all of us, as well as those we work with. Val will also use the latest technology to scan the levels of antioxidants in your skin, and provide feedback and advice. These seminars are open to bookings from anyone.	1PM WITH LUNCH
		5PM
	TOTAL COST (£15 FOR 1PM WITH LUNCH OR £5 FOR 5PM)	£