

## Invitation to FREE Local Seminar



To.....

You are invited to Chelmsford Borough Council's 'Eat Well Stay Well' seminar

Date:- Thursday 15<sup>th</sup> February 2007  
Time:- 1pm for registration and lunch, Seminar 2-5pm.  
Venue:- Marconi Room, Civic Centre, Duke Street, Chelmsford CMI IJE  
Cost:- FREE

The Seminar is aimed at professionals and volunteers who work with elderly people in the Borough, and is the culmination of a six month project to raise awareness of Food Safety and Healthy Eating among the elderly.

Organisations who provide food for elderly people, or support them in their homes will find the event of particular benefit.

Experts in the fields of food safety, nutrition, and related topics such as osteoporosis, water for health, and keeping active will be undertaking presentations and be on hand to answer questions.

Places are limited and so to secure yours, please return the slip below **by 7<sup>th</sup> February at the latest** to:-

**Sue Reed,  
Environmental Services,  
Chelmsford Borough Council,  
Duke Street,  
Chelmsford CMI IJE**

*Please note that apart from disabled visitors, we are unable to provide parking at the venue.*

If you require a disabled parking space, have any particular dietary needs, or have any queries about the event please phone Sue Reed or Christine Bell on 01245 606800



I will be sending \_\_\_\_\_ delegates to the Eat Well Stay Well seminar on 15<sup>th</sup> February 2007

Contact Name/Organisation: \_\_\_\_\_

Contact Tel. Number: \_\_\_\_\_

Name(s) of Delegate(s)(please print): \_\_\_\_\_

To be returned to Sue Reed,  
Environmental Services, Chelmsford  
Borough Council, Duke Street,  
Chelmsford CMI IJE. Tel 606800

HEALTHY  
LIVING  
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