



“The Health Hub”

December's Focus:

Health At Work

Lead Story: ACHN delivers nutritional seminar at Warwickshire County Council

ACHN Update: Want to be a part of the success?

Contact Us:

If you would like to contact a member of the ACHN Team please contact us:

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We welcome your questions and enquiries

Competition winners from Warwickshire County Council, were delighted to welcome Alison Clark, Dietitian and MD of AC Health & Nutrition, into their workplace! The team won a competition hosted by the British Dietetic Association (BDA) at the Birmingham NEC's 'Health & Wellbeing at Work' event earlier this year, for two free nutritional sessions, and were delighted by the results!

Julie Horsley, Healthy Workforce Coordinator, from the Council, commented "To win Alison's dietetic expertise for the day has been fantastically beneficial for the people who attended. From my point of view, having attended the morning workshop, I

thought it was well constructed and professionally delivered"

The workshops focused on, 'how to sustain yourself through a busy working day – the healthy way'. 'We can spend up to 60% of our waking hours in the workplace' – as the British Heart Foundation "Well at Work" study discovered. Therefore, the workplace is the ideal place to be able to influence an individual's health and wellbeing.

Twenty five people attended the two sessions hosted by Alison at the Council, and all were thrilled with the content covered. Comments ranged from "It was perfect - and I don't often (ever?!) say that. Very good the way Alison assessed the needs of the group and matched her delivery" through to "I thought I knew it all about



healthy eating until I attended this class!" Comments and feedback demonstrate just how much we can draw from the expertise of others, especially Alison and the ACHN team.

For more information or to book a nutritional seminar or bespoke service for your business: contact the team!

More about us...

To book ACHN for a range of topics to suit your business needs, contact us:

Nutrition Seminars

Health Checks inc.
Cholesterol, Blood Pressure, Height, Weight, BMI, all with Qualified & Tailored Advice.

We offer bespoke services which will suit every budget, venue and audience.

www.twitter.com/achnld



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Providing **professional nutritional advice** and **support** for your **health** and nutritional needs

Want to be part of the ACHN Team?

ACHN are currently recruiting for dynamic, innovative and passionate health professionals to join the ever-growing team.

You would be part of a network of health practitioners across the country that have the opportunity to network and

diversify their skills within a working environment.

ACHN welcome all professional skills from Nutritionists, Personal Trainers to Nurses and Dietitians.

If you would be interested in finding out more about this exciting opportunity, please

contact Alison Clark for more information:

Tel - 07787 568279

Or submit your application by email including a covering letter and CV to:

Alison@achn.co.uk