

The Oxford Business Breakfast

Wednesday 17th January 2018

De Vere Oxford Thames Hotel - Sandford on Thames



Topic: Health and Wellbeing

Speakers: **Darren Aston**, Managing Director, Aston and James
Kate Wilson, Information Service Provider, Oxfordshire Mind
Helen Money, Owner, Helen Money Nutrition

Keen to learn about the benefits of becoming a proactive business? Industry expert Darren Aston showcases how companies can break bad habits and invest in workplace wellbeing. He will explain how a sedentary workplace can impact in not only the short term but also the long term for both employees and employers.

Darren will be joined by mental health expert, Kate Wilson, from the charity Oxfordshire Mind, who will highlight the benefits of starting a dialogue within the office environment regarding mental health, leading to better productivity in the workplace. Furthermore, local nutritionist, Helen Money, will demonstrate how nutrition and a healthy lifestyle can maintain a high level of motivation, productivity and positive work ethic.

07:30 –09:30

De Vere Hotel, Sandford on Thames, OXFORD, Oxfordshire, OX4 4GX

Members: £20 + VAT **Non-Member Guests: £30 + VAT**

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