

## NEWS RELEASE

24 September 2009

### Get Healthy at Halton Chamber's 'First Tuesday' Breakfast

Get healthy at Halton Chamber of Commerce's popular monthly 'First Tuesday' breakfast network event on Tuesday 6<sup>th</sup> October.

As well as a lighter continental-style breakfast, the Assistant Director of Public Health for Halton and St Helens, Eileen O'Meara, will be presenting top tips for cultivating a healthy lifestyle.

As guest speaker, she will give an assessment of the current state of Halton's public health, suggestions on improving the busy business lifestyle and information on how to access workplace health checks.

And if all the networking gets too stressful, delegates are invited to enjoy a free revitalising head or shoulder massage (five minutes) provided by Michelle Herron of Essence of Life.

The event, which will be held in the restaurant of The Heath Business and Technical Park in Runcorn, starts at 7.45am with breakfast, followed by presentations at 8.30am.

The monthly 'First Tuesday' breakfast networking events are open to all businessmen and women, not just Chamber members, for a small charge of £10 including breakfast. Chamber members are admitted free.

To reserve a place, email [nicolah@haltonchamber.com](mailto:nicolah@haltonchamber.com) or call 01928 516142. Details are also on the Halton Chamber website: [www.haltonchamber.com](http://www.haltonchamber.com)

*Issued by Lynn Pegler, Pegler Communications.*

*Tel: 01928 789042. Mob: 07783 686246. [lynn@peglercommunications.co.uk](mailto:lynn@peglercommunications.co.uk)*