

**Business** in the

**Community**



**North East Essex**

## **Health, Work & Wellbeing Master Class**

Business in the Community with North East Essex PCT, is running a FREE Master Class on HEALTH, WORK & WELLBEING.  
**Holiday Inn Colchester**  
**Abbotts Lane, Eight Ash Green**  
**Colchester, Essex**  
**CO6 3QL**  
**Wednesday 8<sup>th</sup> February 2012**  
**9.30am – 12.30pm**

“Health & Wellbeing is a business issue – it affects our bottom line.”  
*Graeme Collinson, Group HSE Director – Centrica.*

- **Make healthy, productive employees your competitive advantage**
- **Learn what’s worked for other local businesses**
- **Find out what support is available locally**

Companies that take proactive steps to promote employee wellness and engagement can improve their financial performance by as much as 10%. \*  
Can your company afford not to?

The Master Class will provide tools, information and case studies to look at the business case and to help you introduce this agenda into your business. Designed especially for the smaller business, The Master Class will feature expert speakers from BITC, Health@Work Essex and NHS North East Essex PCT.

**For more information or to book a place please got to:**  
[http://www.bitc.org.uk/events/health\\_work\\_.html](http://www.bitc.org.uk/events/health_work_.html)

\*(BITC-Commissioned research by IPSOS Mori, 2010)

Booking Form:

Health, Work & Wellbeing Essex Master class

Wednesday 8<sup>th</sup> February 2012

*Please print clearly*

Contact Name: \_\_\_\_\_

Job title: \_\_\_\_\_

Company: \_\_\_\_\_

Tel: \_\_\_\_\_

Email address: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Attendee Name: \_\_\_\_\_

Please inform us of any dietary requirements: \_\_\_\_\_

Please return your complete booking form to:

Email: [nifa.begum@bitc.org.uk](mailto:nifa.begum@bitc.org.uk)

Fax: 01638 666841

Mail: BITC, Bank House,

Po Box 93,

Newmarket,

Suffolk

CB8 1ZN.

**Health**  
**@WORK**  
**ESSEX**

