

# 5 Flavours of Health Workshop

LIVE with Agnes Khan

## EVENT FACT SHEET

*Important details enclosed. Please read carefully.*

<b>LOCATION</b>	London, Harefield
<b>VENUE</b>	<b>Blackjacks Mill, Harefield, Middlesex UB9 6HL</b>
<b>EVENT DATE &amp; TIME</b>	<b>Sunday 15<sup>TH</sup> September 2019 10:00am – 5:30pm</b> The above event times are approximate and subject to change.
<b>Coffee and Welcome</b>	<b>Sunday 15<sup>th</sup> September 2019 From 9:30am</b> Every participant <b>MUST</b> register.
<b>Seasons and Food Their effect on our Health</b>	First Session starts 10.10am to 11am. Agnes Will discuss Seasons and Power of Food and Flavours on our Body Also important tips for people who suffer from Allergy and Hay Fever.
<b>Break Time</b>	11.00am – 11.15am Health Teas & Coffee
<b>Practical Lunch Cooking with Chef</b>	11.15am – 12.45pm There will be vegetarian and non-vegetarian options, as well as halal food. No alcoholic drinks.
<b>Lunch and Break</b>	Lunch with specially prepared Food during the Workshop with our celebrity chef
<b>Activites and Yoga</b>	2.00pm – 2.30pm with Wioletta Please bring yoga mat with you or a blanket and comfortable outfit.
<b>Break Time</b>	2.30pm – 2.45pm Tea and Coffee time

<b>Your Discipline and Habits</b>	2.45pm - 3.30pm Mindset - practical exercise- "Effective Decision Making" with Agnes Khan
<b>Fitness Session</b>	3.40pm - 4.15pm - Fitness with Charlie Forys
<b>MEAL</b>	4.30 PM – 5.00PM Snack and Final Q&A
<b>TRAVEL</b>	For directions to the venue please click links below: <a href="https://goo.gl/maps/sPkaJYUAh7o">https://goo.gl/maps/sPkaJYUAh7o</a>
<b>DISABLED ACCESS</b>	There is disabled access throughout the venue.
<b>ADDITIONAL VENUE INFORMATION</b>	There is a car park available. FREE of charge.
<b>CONTACT</b>	<b>5 Flavours of Health</b> Office 196B 192-196 Campden Hill Road London W8 7TH United Kingdom Tel: +44 2030048512 Email: <a href="mailto:info@5flvaoursofhealth.com">info@5flvaoursofhealth.com</a> Website: <a href="http://www.5flavoursofhealth.com">http://www.5flavoursofhealth.com</a>