



Your **VENUE**[®]

KICKSTART THE NEW YEAR WITH A HEALTHY Q1

WE'RE SUPPORTING GOOD MENTAL, PHYSICAL & NUTRITIONAL HEALTH IN THE WORKPLACE. CHOOSE FROM A RANGE OF CREATIVE, MEDITATIVE AND FITNESS BOLT-ONS WITH HEALTHY MENU CHOICES.

Wherever you are, our venue can become Your **VENUE**



YOUR PACKAGE

DAY DELEGATE PACKAGE INCLUDES

- ✔ Exclusive Room Hire
- ✔ Unlimited Servings of Tea, Coffee & Biscuits
- ✔ Jockey inspired menu (see opposite)
- ✔ Screen and projector
- ✔ Delegate Stationery
- ✔ Water
- ✔ Wifi
- ✔ Car Parking
- ✔ Organised Track Walks (subject to site and conditions)

Speak to the team today to find out more about our wellness packages and how to enhance your meeting.

E: enquiries@your-venue.co.uk
T: 01342 831 793

EAT LIKE A JOCKEY

Good nutritional health in the workplace increases energy, motivation and productivity. Take advantage of our Jockey inspired menu to kick start your year in the right way.

- 📍 Healthy Soup of the day, wholegrain rolls
- 📍 Selection of cold lean meats, carved chicken, ham & beef
- 📍 Flaked tuna in lemon juice, chilli & lime pink prawns
- 📍 Cottage cheese, sliced cheddar, gouda, stilton & chopped apple
- 📍 Green salad, cucumber, celery, green pepper, spring onion
- 📍 Pearl cous cous salad, with apricots and sultanas
- 📍 Wholewheat pasta salad in a spicy tomato and coriander sauce
- 📍 Selection of protein yoghurts, natural yoghurt & berries
- 📍 Fresh fruit bowl & chopped fruit



WELLNESS INITIATIVES



We have teamed up with Firebird Events to offer delegates some bespoke wellbeing activities based on your business needs and culture.

Fitness, nutrition, mindfulness and meditation all offer scientifically proven ways of reducing and managing stress. This creates a shared goal and purpose, brings teams and colleagues together and builds morale. Choose from:

- 🌿 **Indoor Creativity:** clay workshop, candle making, flower arranging
- 🌿 **Back to Nature:** outdoor trails, nature journals
- 🌿 **Mindfulness:** yoga, crystal therapy sessions
- 🌿 **Fitness:** aerobics, group fun fitness

Click here to find out more and download our Wellness brochures for more inspiration.