



SPORTS PERFORMANCE CLUB

CAPITAL TOWER

HEALTH RISKS OF THE MODERN WORLD



Join us as we talk about the risk factors associated with prolonged sitting, and how to improve health markers through exercise, activity and nutrition.

DATE: Wed, 1 Aug 2018

TIME: 12.30pm - 1.30pm

VENUE: Capital Tower, FTSE room (L9)

[Click here to register](#)