

LIFE @ La Baguette du Jour

La Baguette du Jour and LIFE gym have joined forces to emphasise the importance of leading a healthy lifestyle to people living and working in Swansea.

Kicking off during Health Challenge Wales's Healthy Living Week (19th to 26th September), people working in the Swansea Enterprise Park and the City Centre will benefit from a free 'MOT' health check by experienced trainers from LIFE.

For further information, call La Baguette du Jour on **01792 581311** or fill in the enquiry form below and return it to **La Baguette du Jour, 9 Caer Street, Swansea SA1 3PP**

Your Details

Organisation

Contact Name

Telephone

email

Participants

M

F

Age

Name

Name

Name

Name

Name

Please specify a preferred time

09.00 to 10.00

10.00 to 11.00

11.00 to 12.00

12.00 to 13.00

13:00 to 14.00

14.00 to 15.00

15.00 to 16.00

16.00 to 17.00

17.00 to 18.00



01792 581311 • www.la-baguette.co.uk

La Baguette du Jour @ Caer Street, Swansea
and in Eddershaws, Phoenix Way, Swansea Enterprise Park

La Baguette du Jour