

CENTRAL HEALTH



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'HEALTH AND PERFORMANCE IN THE WORKPLACE'

FREE BREAKFAST SEMINAR

Dean Patterson, Health and Productivity Manager at Unilever, draws from his experience at one of the UK's largest corporations to show the clear correlation between fitness and performance at work in a talk titled '**Healthy People, Healthy Performance**'

Renowned international speaker and exercise guru to the stars, Professor Greg Whyte, then follows with a talk examining the '**Critical Role of Exercise in Health and the Impact of Obesity at Work**'.

Date : **Tuesday 16th March 2010**
Time : **8.00am for 8.30am start until 9.30am**
Venue : **Central Health Performance and Wellbeing Centre**
17 Charterhouse Street (Saffron Hill Entrance), London EC1N 6RA



Dean Patterson

Dean's undergraduate studies focused on the Science of Human Movement at the University of Durban Westville, South Africa, where he went on to earn his Masters degree in Biokinetics. Qualifying as a Medical Biological Scientist in 1996, he spent 4 years working in South Africa's largest paper and pulp factory developing and implementing employee return to work and work hardening programmes to assist on job productivity, absence and injury improvements. He joined Unilever as a Biokineticist for the Corporate Head Office in 2002, and became the Health & Vitality Manager for the UK in 2006. At the end of 2007, Dean became Global Health and Productivity Manager, where his overriding aim at work is to assist and integrate the speciality of employee health programmes into the strategic and operational activities in some of Unilever's regional businesses.



Professor Greg Whyte PhD DSc FACSM

Greg is Professor of Applied Sport & Exercise Science at Liverpool John Moores University. While he is widely celebrated in the academic arena, Greg has been much acclaimed for his work with Comic Relief. He has helped a host of stars dare to dream, pushing themselves both physically and mentally to achieve extraordinary endurance feats, including David Walliams, in swimming the Channel, Cheryl Cole, Chris Moyles, Ronan Keating et al climbing Kilimanjaro and more recently Eddie Izzard in completing his round UK marathon challenge. Greg is Technical Consultant to Central Health's sister company Optima-life

Who is attending?

Our audience will be a mixture of HR professionals, Leadership and Performance professionals, Occupational Health professionals, Business Coaches and Public Sector bodies.

To book your place, call Olivia on 020 7404 6343 or email her at info@central-health.com

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