

EVENTS



Special Events Issue Spring 2011

YES TO LIFE

- **Yes to Life at St Pancras International**
- **Patrick Holford Talk**
- **FOODMATTERS Screening**

25 March 2011
31 March 2011
13 April 2011

In this Special Events Newsletter, we are inviting you to come along and join us for a great time at some brilliant events. If past experience is anything to go by, there will be many memorable moments to cherish... and you will be continuing your much appreciated support of our unique services.

Thanks! The Yes to Life Team

Yes to Life at St Pancras International



25 March 2011 8.00 am - 8.00 pm

Thanks to the generous support and magnificent PR and organisational skills of Sam Kidby, we are delighted to announce a day of inspirational free events in aid of Yes to Life at St Pancras International Station.

On Friday 25 March, there will be different events every hour from 8 am until 8 pm, kicking off with champagne tasting at the champagne bar, accompanied by chamber music played by an amazing string quartet from the Royal Academy of Music. There will also be poetry readings, actors' monologues, the world champion football free styler, two bands, a world champion DJ working to video, and more. We will be publishing the full programme on our website.

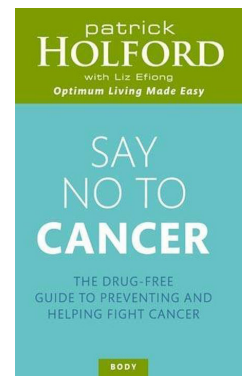
Please come and join us at St Pancras for the fun.

Patrick Holford Talk "Say No to Cancer"

31 March 2011 6.30 pm

Patrick Holford's new book Say No to Cancer shows how we can all substantially reduce our risk of developing cancer by making changes to our diet and lifestyle. In this special Yes to Life lecture, Patrick promotes a positive approach to disease prevention and explains the science behind his findings.

The talk is at The School of Pharmacy, London WC1. Tickets (£15) are selling fast so book now on <http://saynotocancer.eventbrite.com>.



FOODMATTERS Screening

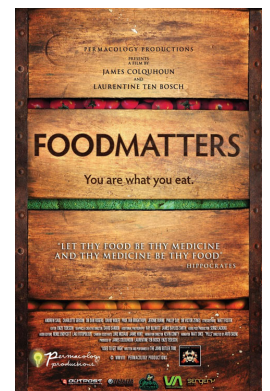
13 April 2011 6.30 pm



Fitness Universal, www.fitnessuniversal.com, a rapidly expanding Personal Training business based in London has teamed

up with Yes to Life to host screenings of the fascinating documentary 'FOODMATTERS'. This film presents critical information to consider when selecting a diet to give you the best possible chance of achieving optimal health and resistance to disease. People have made significant changes to their lives after seeing this film. A discussion will follow the screening and refreshments will be served.

The next screening is on 13 April at 6.30 pm at 27-29 Cursitor St, London, EC4A 1LT. To book on-line to guarantee a seat (£5), go to <http://www.eventbrite.com/event/1385703677/efbevent>



Yes to Life

Unit 4, The Energy Centre, Bowling Green Walk, London N1 6AL

Telephone: 0845 257 6950 office@yestolife.org.uk www.yestolife.org.uk

Company No: 05495576. Registered Office: As above. Registered Charity No: 1112812

"Many thanks again for your help. Hope your charity continues to grow in strength. I have found your website to be very helpful."

Sue