

**The TAVRP Inc Committee
Invites you and your colleagues to a**



Breakfast Meeting

On Tuesday 10 March 2020 at 7.30am

*Please arrive by 7:15am for coffee orders
Breakfast served at 7:30am sharp*

**At the Duchess Café 231 Sandy Bay Road Sandy Bay
(street parking available in Princes or Gregory Street)**

Presenter: Andrew Bonsey

Exercise Scientist & Exercise Physiologist, Healthy Training.

Andrew works in Exercise Rehabilitation & Health Coaching for persons with injuries, chronic diseases and with the healthy population wishing to maintain and improve health & fitness, in metropolitan and rural Tasmania. Andrew has qualifications in psychology and has undertaken courses in persistent pain, musculoskeletal, exercise oncology, remedial massage, corrective exercise, and sports and athletic coaching. His practice includes practitioners from other allied health fields including Physiotherapy, Medical Acupuncture, Remedial Massage along with Personal Training. Andrew's practice is based at the Wrest Point Health Club, Sandy Bay

Topic:

Motivation is Second.

Working with Challenging Clients

We now require prepayment to confirm your attendance by the RSVP date

Breakfast Choices:

- **Option 1** – Avocado, goats' cheese, cherry tomato, poached egg, chilli, mint & lemon on toasted rye
- **Option 2** – Scrambled eggs & smoked salmon on toasted rye
- **Option 3** – Granola, coconut yoghurt, poached apples & blueberries with almond milk

TAX INVOICE ABN 96 128 479 496

(This part will form your tax invoice – no receipts will be issued).

Presenter Andrew Bonsey (10.03.2020)

RSVP: With Payment by Wednesday 04 March 2020

Email admin@tavrp.com.au

To assist with timely serving of breakfast we request you pre-order with this RSVP

Breakfast Order (Circle):

Option 1

Option 2

Option 3

Special Dietary Requirements:

- Members \$25 (Includes GST of \$2.27)**
- Non-Members \$35 (Includes GST of \$3.18)**

Name: _____ Address: _____

PH: _____ Email: _____

• Or direct deposit: WBC Hobart BSB: 037001 Account: 186192
(please include your name on the deposit receipt/reference section)

• Or charge \$_____ to my • AMEX, • Visa, • MasterCard

Name on Card: _____

Card Number: _____ Expiry: ____/____ CVC: _____

Signature: _____

Please note: There are no refunds or credits available after the RSVP date