

ACPR Newsletter



This short mid month round up has a couple of interesting opportunities. Read below to find out about a free workshop on Health and Wellbeing, and check out the story on the right if you'd like a chance to see yourself, and your business, in print.

Remember, A guide to Promoting your Business is currently on offer at £9.90 instead of the usual £15 until the end of the month, so if you've been putting it off, you have 10 more days to [buy it](#).

Best wishes,

Antonia

How to stay fit when running your own business

A FREE Health & Wellbeing Seminar for mums in business living in Sussex, focusing on the *real* issues that affect busy mums and provide answers and inspiration to get your business moving!

Come along 5 December 2007 and get a taster of how Mums in biz can help you run a business with lots of tips and tools that you can use on a daily basis to help run a viable family focused business and most importantly tips on how you and your family can stay healthy and well.

The taster sessions will cover: sources of information and support, time management tips, child care issues, training and funding, specific information on your business ideas and what to do and where to go next!

Plus comprehensive health and wellbeing information and tips on how to work from home including best ergonomic set-up and ways to work keeping health problems to a minimum; vital in any new, growing business.

Date **Wednesday 5th December 2007**

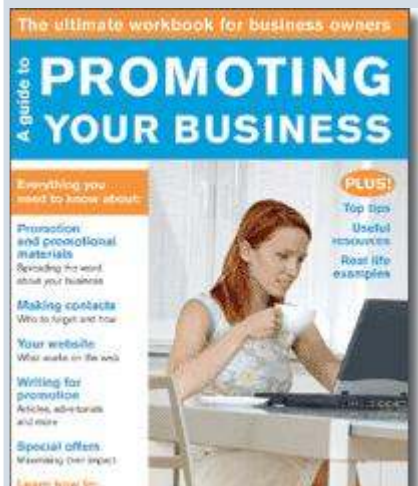
Time **10am start - one hour**

Have you got a 'one in a million' story?

Here's a case study request. If you have something that might fit, why not see if you can get some coverage for your business?

Hi there, my name is Louise and I am a writer for a media press agency called Splash News. At Splash I write real life stories for women's magazines like Woman, Bella, Grazia and Reveal and also the national newspapers in the UK. I am always on the lookout for amazing out-of-the-ordinary, inspirational stories - anything goes really as what one magazine might hate, another may love! So if you have a fascinating real life story and you'd like to discuss potential press coverage with me, please call me on 0207 078 8959.

Special Offer - 1/3 OFF



Time 10am start - one hour
(with ample time for questions afterwards)

Venue The Studio, 35 Goldstone Villas, Hove, BN3 3RT

Cost FREE

Childcare Mums may bring kids with them - please let us know in advance

Car Parking Metered

Call 01273 681484 to book your seat
(Limited places available)

Email nickyc@mumsinbiz.co.uk

To Book Please fill in the booking form at www.mumsinbiz.co.uk



Buy a guide to Promoting Your Business for just £9.90 this November. Visit ACPR to buy.

Thanks for reading - and do pass this on to anyone else you know who runs a business.

Sincerely,

Antonia
Antonia Chitty
ACPR

Advertising Bonus for ACPR Clients @ SLing Meet

Sling Meet offers you the opportunity to reach nearly a thousand families with babies and young children.

The Sling Meet website links parents who want to meet others and have a chat, while getting tips on the best ways to carry their baby, choosing the right sling and learning to use it. Parents can try out other people's carriers, and make new friends too.

Advertise on Sling Meet to reach a wide range of parents with babies and toddlers. Sign up for an advertising banner on the forum (£60 for 12 months) and get a free banner in the newsletter worth £20.

Email press@calinbleu.com to enquire, or call 0845-862-0073 (local call) Monday to Friday 10am to 4pm.

Offer Expires: 30 November 2007

