

## Distributor-Run Training Events

*These meetings are organised by Independent Herbalife Distributors and are open to ALL Herbalife Distributors & their guests*

### WEEKLY WEBINARs

<b>On-line Live UK HOM</b> EVERY TUESDAY AT <b>8.00 PM SHARP UK TIME</b>	Distributors and Guest <b>MUST</b> register to take part in the live webinar. For more information on how to register please call Distributor Services on 0845 056 0606 if calling from UK OR 012 467 616 if calling from Ireland.
<b>On-line Live Polish HOM</b> Polish Webinar, entirely conducted in the Polish language and aimed for Polish people living in the UK & Ireland EVERY WEDNESDAY AT <b>8.00PM SHARP UK TIME</b>	

### Other HOM & Quick-Start Meetings - January 2010

Location	Date	Times	Venue	Guest Speaker	Contact/Tel./E-mail
Glasgow HOM	Tuesday 5 <sup>th</sup> January	Registration: 6:45pm Start Time: 7:00pm	Novotel, 181 Pitt Street, Glasgow (City Centre) G2 4DT	LOCAL SPEAKERS	Fiona Macgregor Email: <a href="mailto:fiona@controlbodyweight.com">fiona@controlbodyweight.com</a>
Northampton HOM	Wednesday 6 <sup>th</sup> January	Start Time: 6:45 pm Finish: 8:00 pm	<b>Holiday Inn NORTHAMPTON</b> <b>BEDFORD ROAD</b> <b>NORTHAMPTON, NN4 7YF ENGLAND</b>	LOCAL SPEAKERS	Contact Dolores on 01604722143 E-mail <a href="mailto:newsletter@total-wellbeing.com">newsletter@total-wellbeing.com</a>

Rotherham HOM	<b>Wednesday 6<sup>th</sup> January</b>	Registration - 6.40pm. Start time- 7.00pm sharp. Finish time - 7.45pm. Sign-ups - 7.45 to 8.15pm	The Carlton Park Hotel 102-104 Moorgate Road Rotherham S60 2BG.	LOCAL SPEAKERS	Stephen Slater 07764 181 489 steve@headingforhealth.com
Brighton & Hove HOM	<b>Saturday 9<sup>th</sup> January</b>	Registration 10:45am Quick Start Training 11:00 Break 12:00 noon Finish - 2:00	The Langford Hotel Third Avenue, Hove West Sussex	LOCAL SPEAKERS	Kevin Haigh 07990 744 884 Email: <a href="mailto:k.haigh1@btinternet.com">k.haigh1@btinternet.com</a>
Cardiff HOM & Quick-Start	<b>Sunday 10<sup>th</sup> January</b>	Start Time: 9.30 Finish Time: 14.00	Copthorne Hotel Cardiff, Copthorne Way, Culverhouse Cross, Cardiff, Wales CF5 6DH	LOCAL SPEAKERS	Book online at <a href="http://www.booksts.co.uk">www.booksts.co.uk</a> Email: <a href="mailto:cardiffsts@eircom.net">cardiffsts@eircom.net</a>
Glasgow HOM	<b>Tuesday 12<sup>th</sup> January</b>	Registration: 6:45pm Start Time: 7:00pm	Novotel, 181 Pitt Street, Glasgow (City Centre) G2 4DT	LOCAL SPEAKERS	Fiona Macgregor Email: <a href="mailto:fiona@controlbodyweight.com">fiona@controlbodyweight.com</a>
Northampton HOM	<b>Wednesday 13<sup>th</sup> January</b>	Start Time: 6:45 pm Finish: 8:00 pm	<b>Holiday Inn NORTHAMPTON</b> <b>BEDFORD ROAD</b> <b>NORTHAMPTON, NN4 7YF ENGLAND</b>	LOCAL SPEAKERS	Contact Dolores on 01604722143 E-mail <a href="mailto:newsletter@total-wellbeing.com">newsletter@total-wellbeing.com</a>
Glasgow HOM	<b>Tuesday 19<sup>th</sup> January</b>	Registration: 6:45pm Start Time: 7:00pm	Novotel, 181 Pitt Street, Glasgow (City Centre) G2 4DT	LOCAL SPEAKERS	Fiona Macgregor Email: <a href="mailto:fiona@controlbodyweight.com">fiona@controlbodyweight.com</a>
Northampton HOM	<b>Wednesday 20<sup>th</sup> January</b>	Start Time: 6:45 pm Finish: 8:00 pm	<b>Holiday Inn NORTHAMPTON</b> <b>BEDFORD ROAD</b> <b>NORTHAMPTON, NN4 7YF ENGLAND</b>	LOCAL SPEAKERS	Contact Dolores on 01604722143 E-mail <a href="mailto:newsletter@total-wellbeing.com">newsletter@total-wellbeing.com</a>
Glasgow HOM	<b>Tuesday 26<sup>th</sup> January</b>	Registration: 6:45pm Start Time: 7:00pm	Novotel, 181 Pitt Street, Glasgow (City Centre) G2 4DT	LOCAL SPEAKERS	Fiona Macgregor Email: <a href="mailto:fiona@controlbodyweight.com">fiona@controlbodyweight.com</a>



## Distributor-Run Events Calendar: UK & Ireland January 2009

Northampton HOM	Wednesday 27 <sup>th</sup> January	Start Time: 6:45 pm Finish: 8:00 pm	<b>Holiday Inn NORTHAMPTON</b> <u>BEDFORD ROAD</u> <u>NORTHAMPTON, NN4 7YF ENGLAND</u>	LOCAL SPEAKERS	Contact Dolores on 01604722143 E-mail <a href="mailto:newsletter@total-wellbeing.com">newsletter@total-wellbeing.com</a>
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Check out: <http://herbalife.com> for details of other Distributor-Run Meetings Worldwide!  
Please note that these meetings are Distributor-Run. Details are prone to change.  
Please confirm details with the contact person listed before attending an event.