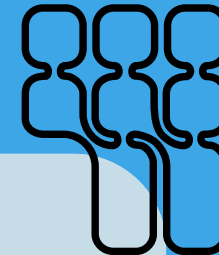


get fIT for business...

www.getfitforbusiness.co.uk
www.webforum.org.uk



These people all have something in common...



*David Smith,
Buccleuch
Arms Hotel
(Moffat).*

*“With our wireless
broadband hotspot
and website, we
have attracted a whole
new group of business
customers to our hotel”*



*Wilma Findlay,
Cream O' Galloway
(visitor centre & ice
cream manufacturer).*

*Winner of numerous tourism
awards. “By embracing modern
technologies, we have seen a
dramatic improvement
in our business profile”*



*Jim Bell,
Haas Tek Ltd
(engineering).
Winner, Scottish
Small Business
of the Year Award
2004.*

*“Our new Website and
Broadband connection have
helped us take major strides
forward this year”*



*Malcolm
MacGregor,
Malcolm
MacGregor Photography
(Canonbie)*

*“It’s wonderful! Using modern
Internet Technology I can take
control of my own website and
make changes myself, even
whilst on location in distant
parts of the globe”*

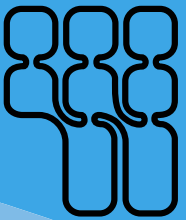
*Violet Graham,
Border Tablet
(sweet
manufacturers).*



*“Through my web sales,
I’ve expanded my business
from my kitchen cooker to
my own factory!”*

**They weren't
afraid to take
advice...**

get fIT for business...



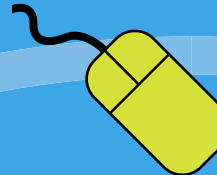
Networking, Power Training, Coaching, Inspiring!

- see *future IT* with Microsoft coaches to show you tips and tricks to really improve your performance.
- *feel IT* burn - try state of the art equipment to help flex your commercial muscles.
- get *faster IT* - be agile, leaner, fitter with mobile working and broadband.
- workout with web *forum IT* Professionals to help you develop your game.

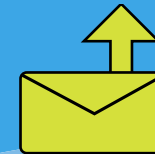
4 Easy ways to register:



By Phone
0800 197 8819



Online
www.getfitforbusiness.co.uk



By E-mail
getfit@conference-events.biz



Fax using this form
0870 1991111

22 March
Easterbrook Hall
Dumfries
10am - 4pm

Don't be a couch potato and let the competition win your business

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Yes, I would like to register-

Name

Company

Address

.....

Postcode

Email

Tel Fax

Mobile Number of places required

Sector:

agriculture

forestry

construction

business services

tourism

food

other

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