



creative design

WHAT WE DO



LOGO DESIGN

BUSINESS CARDS

FLYERS & LEAFLETS

BROCHURES & PROGRAMMES

EBOOKS

ROLLER BANNERS

SIGNAGE

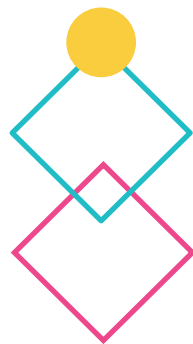
EXHIBITION STANDS

VOUCHERS

SOCIAL MEDIA

PROMOTIONAL MATERIAL

CLOTHING & WORKWEAR



LOGO DESIGN

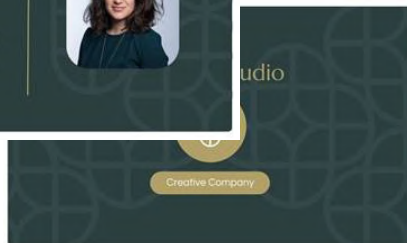


LOGO DESIGN





BUSINESS CARDS



LEAFLETS

CHIHUAHUA'S
RESTAURANT & BAR

10000 HWY 7, SUITE 100, RICHMOND, BC V6X 1A6
604-271-1111

Kosu harlie
JAPANESE

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604-271-1111

eat17
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YOUR ESTATE AGENT'S TRUSTED MORTGAGE PROVIDER

01444 449 200

PURCHASERS

At the end of the day, your mortgage is a financial commitment. It's important to choose a provider that you can trust and that will support you throughout your mortgage journey.

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YOUR ESTATE AGENT'S TRUSTED MORTGAGE PROVIDER

01444 449 200

WELCOME

We are delighted to welcome you to our team. We are a team of experienced mortgage brokers who will support you throughout your mortgage journey.

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VENDORS

We are delighted to welcome you to our team. We are a team of experienced mortgage brokers who will support you throughout your mortgage journey.

PURCHASERS

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eat17

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604-271-1111

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604-271-1111

Do you have a mortgage?

07904 982 679

Do you have a mortgage?

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Do you have a mortgage?

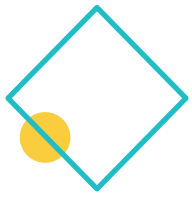
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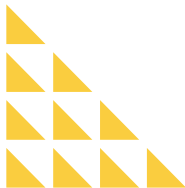




BROCHURES & PROGRAMMES



BROCHURES & PROGRAMMES





EBOOKS



ROLLER BANNERS



ROLLER BANNERS

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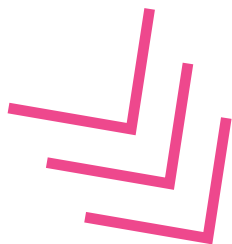


EXHIBITION STANDS





VOUCHERS



✦ Congratulations ✦

£75

GIFT VOUCHER

The gift is 1 health coaching consultation to be used within 3 months, can be redeemed by emailing emily@nourish2nurture.com and booking appointment.

NOURISH²NURTURE

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to live the life you deserve

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ARE YOU READY

Get Started

TO MASTER SOCIAL MEDIA? THE POST METHOD

DISCOVER THE **TOP 5** PROJECT MANAGEMENT TRENDS

TO DO

FORMATION

15 apps you may want to try

IT'S TIME TO INCREASE PRODUCTIVITY

FORMATION

7:30PM - 11:30PM

FUNK & SOUL DISCO

Vinyl Only

CHARITY NIGHT

STREET SOUNDS VINYL

HOLIDAY HACKS – ON THE LOOK OUT

80% OF US WILL PUT ON WEIGHT DURING OUR SUMMER HOLIDAY. WITH ONE REPORT STARTING THE AVERAGE HOLIDAY WEIGHT GAIN FOR BRITS WAS **8LBS!**

IF YOU WANT TO BE IN THE 20% THIS HOLIDAY HERE ARE 4 THINGS YOU SHOULD BE ON THE LOOK OUT FOR:

- 1 ALCOHOL CONSUMPTION
- 2 LACK OF EXERCISE
- 3 PORTION SIZE
- 4 UNWISE NUTRITIONAL CHOICES

ZEN TRAINING

PROTEIN SWAPS FOR WEIGHT LOSS

NUTS: 3 OZ, 516 CALS, 18G PROTEIN	VS	GREEK YOGURT: 3 OZ, 50 CALS, 9G PROTEIN
QUINOA: 3 OZ, 318 CALS, 11G PROTEIN	VS	GRILLED CHICKEN BREAST: 3 OZ, 140 CALS, 26G PROTEIN
CHIA SEEDS: 3 OZ, 414 CALS, 14G PROTEIN	VS	SALMON: 3 OZ, 177 CALS, 16G PROTEIN

THE BETTER BODY GURU

REFERRAL NETWORKING

DID YOU KNOW → ON AVERAGE, A SEAT AT BNI IS WORTH... **£27,000**

£135,000 OF BUSINESS WAS PASSED AT LAST MEETING

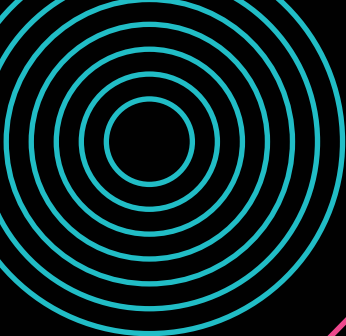
BNI





CLOTHING & WORKWEAR





"DESIGN CAN BE ART. DESIGN CAN BE
AESTHETICS. DESIGN IS SO SIMPLE.
THAT'S WHY IT'S SO COMPLICATED"

- PAUL RAND



GET IN TOUCH



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