

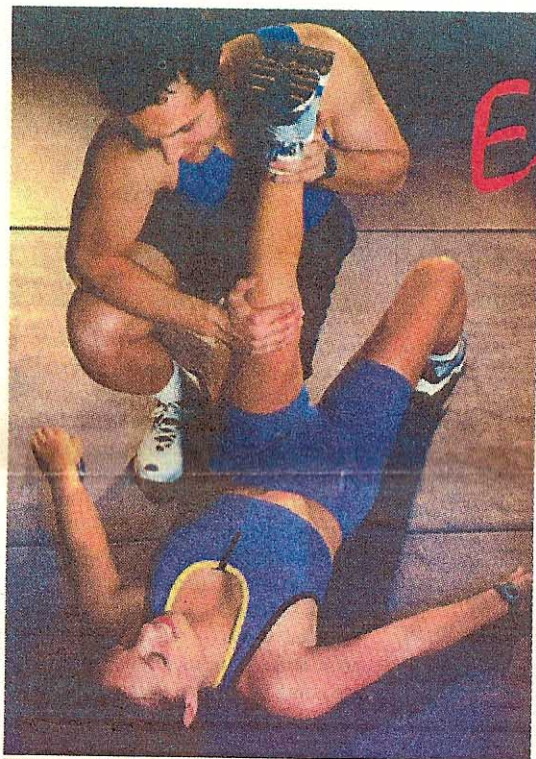
# Evening Star

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FIRST FOR SUFFOLK

Saturday, July 17, 2004

No.36,339



## Energise your life with

SEEBOARD Energy - One of the key suppliers in the South East not only provides gas and electricity at a low cost, with no hassle, but also sets high standards in customer services. Their dedicated and qualified teams are on hand to offer the best advice on easy energy efficiency in the home, which saves you money on your bill.

By being a SEEBOARD Energy customer, you can also earn up to 3000 Nectar points in your first year! SEEBOARD Energy has teamed up with three experts on energy efficiency to offer one lucky reader the opportunity to energise their lives!

The winner will receive, an individual session with personal fitness instructor Keith Walkman, a consultation with a nutritionist from Smart Nutrition, access to an urban PA for an entire month as well as advice from a SEEBOARD Energy expert on how to run a household in a more efficient way!

## e SEEBOARD ENERGY

Each expert will demonstrate the best way to use energy so you will not only feel more energised, but will also have more time for the things you enjoy. Smart Nutrition says EAT your way to enhanced power and energy by avoiding foods that eat up your energy such as sugar and refined foods.

Urban PA knows how to be more efficient with your time by getting yourself organised as this will clear your mind and improve your work efficiency. And ex Royal Marine Personal Fitness Instructor Keith Walkman, can advise on how to be efficient when training. SEEBOARD Energy will also be on hand to offer advice on how to save money on your energy bills.

To be in with a chance of winning this great prize, simply send your name, address and a daytime telephone number to  
**SEEBOARD Energy Competition,**  
PO Box 137, The Evening Star,  
30 Lower Brook Street,  
Ipswich, IP4 1AN

The first entry drawn after the closing date of Monday 26th July, 2004 will win.

Usual competition rules apply. Terms and conditions available on request.

**Evening Star**  
competition