



**Simon Guy Shepard**

**905743294**

## Director Information

<b>Title</b>	Mr	<b>Honours</b>	
<b>Name</b>	Simon Guy Shepard	<b>Number</b>	905743294
<b>Postcode</b>	AL3 5PA	<b>Address</b>	14 Waverley Road St. Albans Hertfordshire England
<b>Date of birth</b>	December 1965	<b>Nationality</b>	British
<b>Total current directorships</b>	3		

### List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
OPTIMA-LIFE LIMITED	06306099	Active - Accounts Filed	10/07/2007		Director
SHEPARD PRICE LIMITED	03930479	Active - Accounts Filed	25/02/2000		Director
OPTIMA-LIFE THERAPIES LIMITED	03807994	Active - Accounts Filed	15/07/1999		Director

### List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
SIMON SHEPARD LIMITED	10130406	Company is dissolved	18/04/2016		Director
CENTRAL HEALTH AT WORK LIMITED	06306107	Company is dissolved	10/07/2007	30/06/2008	Company Secretary
CENTRAL HEALTH EDUCATION LIMITED	06306105	Company is dissolved	10/07/2007	30/06/2008	Company Secretary
CENTRAL HEALTH EDUCATION LIMITED	06306105	Company is dissolved	10/07/2007		Director
OPTIMA-LIFE LIMITED	06306099	Active - Accounts Filed	10/07/2007	30/06/2008	Company Secretary
CENTRAL HEALTH AT WORK LIMITED	06306107	Company is dissolved	10/07/2007		Director
PHYSIOTHERAPY CONSULTANTS LIMITED	05297575	Non-Trading	29/11/2004	01/04/2010	Director
PHYSIOTHERAPY CONSULTANTS LIMITED	05297575	Non-Trading	29/11/2004	31/10/2008	Company Secretary
CENTRAL HEALTH LIMITED	04310812	Active - Accounts Filed	01/01/2002	23/03/2010	Director
SHEPARD PRICE LIMITED	03930479	Active - Accounts Filed	25/02/2000	31/12/2008	Company Secretary
OPTIMA-LIFE THERAPIES LIMITED	03807994	Active - Accounts Filed	15/07/1999	30/06/2008	Company Secretary
GO L.F. TRAINER LTD	03516176	Company is dissolved	24/02/1998		Director