



Simon Guy Shepard

905743294

Director Information

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