

Come to our FREE Fruit & Veg Sense Workshop




Date: Thursday, 2 June 2016

Time: 9:00am until 10:30am

Venue: Parramatta West Public School



Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

-  Save time and money making healthy meals
-  Learn clever ways to entice fussy eaters
-  Get a free recipe book simply by attending

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

Don't miss out – registration is essential. To book your place please register no later than **30/05/16** by:

Completing and returning this slip to the school front office.

Your name:

Your contact number or email: