



Cancer
Council
NSW

The simplest way

to improve the health of your
family and save money

Come to our FREE Fruit & Veg Sense Workshop

Date: Wednesday, 16 March 2016




Time: 1:20pm until 2:50pm

Venue: Chester Hill Public School- Community Hub

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**

Don't miss out 15 spots available only – registration is essential.
To book your place please register no later than **14/03/16** by completing
the slip below and returning to the school office

Fruit and Veg Sense Parent Workshop

Parent Name _____

Parent Number _____

Student Name & Class _____

**Eat It To
Beat It** 