Come to our FREE Fruit & Veg Sense Workshop

Date: Monday, 2nd June
Time: 9am 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 28/05/14 by:

Completing and returning this slip to the school front office.

Your name:
Your contact number or email: