



LFWI: COOKERY and CRAFT COMMITTEE
HEALTHY LIVING DAY
 (in conjunction with NFWI Healthy Living Week
 10-14 June 2019)



Date: Monday 10th June 2019
Time: 10 for 10-30am to 3-30pm (tea/coffee on arrival)
Venue: Elswick Village Hall, Roseacre Road, Elswick, Preston PR4 3UD
Cost: £19.00

Why not spend a 'Healthy Living Day' with us as you experience some light keep fit exercises, learn about a healthy diet to make us aware of diabetes and heart disease topped off with an afternoon's cookery demonstration and tasting of the food prepared. But in-between we have a buffet lunch including dressed ham and salmon, salads, new potatoes and a choice of pudding between fresh fruit salad or a strawberry pavlova. If required we can supply a vegetarian or vegan alternative, but we ask that when booking you make any dietary requirements very clear. Again, we wish to give you a wonderful day hopefully inspiring you to lead a healthy lifestyle.

Applications to LFWI Office 8, Croston House, Lancashire Business Park, Centurion Way, Leyland, PR26 6TU or apply on line at www.lancashirewi.org.uk

Closing date: Tuesday 14th May 2019

February 2019

LFWI: Cookery and Craft Committee, Healthy Living Day, 10th June 2019

Name of WI: _____ Secretary: _____

Address(including post code): _____

Tel no: _____ e mail: _____

BY PROVIDING THIS INFORMATION YOU ARE GIVING PERMISSION FOR YOUR PERSONAL DETAILS TO BE USED FOR WI/FEDERATION PURPOSES

Number of members attending.....

- Please choose**
- a) fruit salad
 - b) pavlova
 - c) vegetarian
 - d) vegan
 - e) gluten free

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