



LFWI: COOKERY and CRAFT COMMITTEE
HEALTHY LIVING DAY and
GARDENING DEMONSTRATION



DATE: Thursday 14th June 2018
TIME: 10.30am to 3.30pm
VENUE: Brindle Community Hall, Water Street, Brindle, Chorley, PR6 8NH
COST: £15.00

NFWI Healthy Living and Wellbeing week is from 11th-15th June 2018 and LFWI would like to invite you to join us at Brindle Community Hall for a Cookery Demonstration, a talk by the Heartbeat North West team and a demonstration on growing your own fruit and vegetables as part of this initiative. A busy day that will hopefully inspire you to lead a happy healthy lifestyle.

In the morning Janet Evans will 'tickle your taste buds' with some healthy dishes that will become part of the salad and dessert lunch you will partake of. This will be followed by a talk about nutrition, exercise and heart health by the Heartbeat Northwest team. A delicious, nutritious Lunch will be followed by a demonstration and talk by Diane Harrison from Avant Gardens in Leyland about Growing your own produce.

The Cookery and Crafts Committee will be preparing and serving lunch alongside some volunteers from Brindle WI. There is full disabled access and facilities at the Hall.

Please choose from a Chicken, Salmon or vegetarian based dish with salad for your lunch.

Please complete the form below and return to The Federation Secretary, Office 8, Croston House, Lancashire Business Park, Centurion Way, Leyland. PR26 6TU. Alternatively visit www.lancashirewi.org.uk and complete the online application form.

Closing date: Thursday 17th May 2018

February 2018

COOKERY & CRAFT SUB-COMMITTEE
HEALTHY LIVING DAY and GARDENING DEMONSTRATION

Name of WI: Secretary:.....

Email: Tel No:

Address:

Total number of members wishing to attend:

Please indicate your lunch choice below:

Chicken: Salmon: Vegetarian:

Any special dietary requirements:

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