



*fresh 'n' fruity*

## **'ACTIVATOR' COURSE**

### **AUTUMN 2010**

**FREE 1 day course :  
Thursday 23rd September  
10am-1pm**

**Healthy Living Network Leeds Unit 4 Armley  
Park Court Stanningley Road Leeds LS12 2AE**

**Learn about healthy eating**

**Learn about passing on healthy eating information to  
friends, family, acquaintances and colleagues**

**Learn how to make small differences to make yourself  
more healthy**

**FREE information pack containing information  
booklets, recipes, diary sheets and other information**

**\*After the course we will ask you to volunteer to keep track of  
information you pass on and any changes you make to your own eating  
habits**

**To book a place please contact the Fresh 'n' Fruity team on  
(0113) 295 1043, or e-mail**