

community wellbeing Practices

# Fruit on Prescription

A FREE six week course to learn  
about healthy eating and  
improving your wellbeing

## What will I learn?

- New recipes to save you money
- Healthy eating and nutrition
- How to improve your wellbeing

Receive a FREE bag of fruit/veg every week!

## When and where?

- Starts 7th November 2012
- Every Wednesday from 1.30pm to 2.30pm
- Runs for six weeks at Beaconsfield Surgery

For more info contact Danny Woodworth on  
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