



Healthy Lunchbox Session

What is it?

This event is being held in conjunction with Yummy Mummy Week to support CLIC Sargent, the children's cancer charity.

The healthy lunchbox session is set up to support parents who have children who are due to start school soon and encourages parents to make healthy choices for their children's lunch.

The session will be delivered by Tami from Food is Fun and Kirsty Lewis from HealthTec.

Who should attend?

The session is open for everyone but is specifically suitable for mothers who have children who are due to start school.

When is it?

The event is being held on **1:30pm—3pm** on the:

- **31st of March**

The course is held at HealthTec South West. There is a map on the reverse of this flier and more details of how to find us available on our website.

What does it cost?

This means that it is **free** for each family to attend. We encourage donations from this event for CLIC Sargent, the children's cancer charity. To support their Yummy Mummy Week.



For more information contact Kirsty at HealthTec

Visit our website at: www.healthtecsw.org.uk

Email us at: Kirsty.lewis@healthtecsw.org.uk

Or call us on: 01752 695300

Or ask your health visitor for more details.

DIRECTIONS



By Car from North Hill, City Centre

Drive up North Hill toward Mutley Plain
At traffic signals bear left onto Mutley Plain - B3250
Bear right at the Hyde Park pub following signs for Tavistock A386
At Manadon Junction Roundabout, take the A386/Tavistock Road
Merge onto A386/Tavistock Road
At the Derriford Roundabout take the 2nd exit and continue on the A386
Turn right at B3492/Plymbridge Road (George Junction)
Turn left into Estover Road
Take the 1st left onto Estover Close (corner of Castle Kitchens)
Follow the road all the way down until you see the 'HealthTec' sign on your left
Free parking is available

By Bus from University Campus

Take the Tavy Link 84 or 86 bus from North Hill, opposite the museum by Smeaton Building
Get off of the bus at the George, Toby Carvery
Take the 224 Taxibus service from the park and ride to HealthTec for £1 or it is only a 20minute walk to the centre.