



**NHS**  
**Leicester City**

Dear

**Join us for lunch and get involved with Highfields Cook and Eat!**

**Date:** Thursday 18 December 2008  
**Lunch:** 12.00 noon till 2.00 pm  
**Networking:** 2.00 pm till 3.00 pm  
**Venue:** 1<sup>st</sup> Floor, St Peters Health Centre

I am hosting a free working lunch with NHS Leicester City, to discuss how your organisation can get involved in an exciting local project called *Cook and Eat*.

The project aims to educate and inspire local people, and equip them with new, healthy cooking skills that fit with their customs.

We are keen to talk with you to find enthusiastic, local volunteers from your community groups to work with our diet experts and pass on their new skills to friends, family and colleagues.

As we know, funding can come and go...but skills and enthusiasm stay active! So join us for this event and help us to make a real, sustainable difference to the health and well-being of Highfields people.

We are very interested in hearing your views on how together we should drive this exciting initiative forward.

If you are unable to attend please feel free to send a representative from your organisation/group.

For catering purposes please let me know if you are able to attend, by Monday 9 December 2008, by any of the contact details below.

I look forward to seeing you,

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