

# Healthy Food and Fun Day

AUGUST 11<sup>TH</sup> AND 18<sup>TH</sup> ONLY

10AM - 3PM



Learn cooking skills  
making *healthy pizzas!*

**BISCUIT  
DECORATING**



with *The Women's Institute.*

*All activities*  
**FREE!**



Enjoy *multi sports,*  
*obstacle courses and free play.*



Try new activities, like  
*Boccia, Chess and Board Gaming*  
(*Board Gaming only on 11<sup>th</sup> August*)

To Register, email Freedom Leisure at [hcguildford@freedom-leisure.co.uk](mailto:hcguildford@freedom-leisure.co.uk)

(*due to limited spaces for some activities - hourly slots available  
10am-12pm and 1-3pm for 5-11 year olds.*)

Join us - *Reception at The Guildford Institute, GU1 4LH.*