

Another Weekly Update from 'H' and 'J'...



Go Bananas on Fruity Friday!

Friday 14 May 2010

Fruity Friday is an annual awareness and fundraising campaign by World Cancer Research Fund (WCRF UK), to increase public awareness of the links between diet, nutrition, physical activity and cancer prevention, and to raise valuable funds for cancer research and education programmes of cancer prevention.

This year, Fruity Friday takes place on **Friday May 14th 2010** and is part of WCRF UK's Cancer Prevention Week from 10-16 May 2010.

Show your support by taking part at your office. All you need to do is wear a yellow item of clothing and make a donation of £2. Whether it's an ap-peel-ing banana costume, a unique Fruity Friday t-shirt or a hair-raising yellow wig, have lots of fun and wear as much or as little yellow as you like!

Find out more at www.FruityFriday.org

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