

News Letter March 2010

Food Drive Promotion

During March Curves Fareham will be taking part in the 12th annual Curves Food Drive to benefit local food banks.

We will be waiving our joining fee for any new member who bring in a bag of non – perishable groceries and joins between 1st March and the 31st March.

The Curves Food Drive is always exciting. Last year we managed to collect a quarter of a ton of food from donations made by our new member's joining and kind donations made by our existing members. We are very excited about this years Drive and are setting our targets to try and exceed last years amount collected.

We have a chance to help so many people in our community at a time when the food banks are so low.

Help achieve our target of exceeding last years amount and tell friends, work colleagues and family of this fantastic offer being made at Curves Fareham.



Health boosting Power of Broccoli

Did you know that Broccoli is a nutritional power house? In one serving of Broccoli you get double the daily requirement of vitamin C, as well as a good dose of vitamin A, fibre and folic acid. If you still aren't convinced that you should start chomping on this green marvel, read on for other benefits of this wonder veggie. It is thought to protect against cancer, educe the risk of heart disease, protect against ulcers, boost the immune system, protects against rheumatoid arthritis and helps build strong bones.



Easter opening Hours

Please be aware ladies, that we will be closed on Good Friday 2nd April and Bank Holiday Monday 5th April.

But operating hours on Saturday 3rd April are as normal and resume again on Tuesday 6th April

Closed Good Friday and Easter Monday