

# **The Curve**

## ***“Get Your Plate in Shape” National Nutrition Month!***

***It’s ‘National Nutrition Month’ and while it may not be everybody’s favourite thing to celebrate, here at the Curve, we’re pretty excited, especially because this year’s theme is “get your plate in shape!”***

***Every week this month in the Curve, we will be focusing on one healthy change that we can all make in our lives, such as decreasing our salt intake or increasing fibre in our diet. You can also receive diet advice and free recipes to take away and try!***

***Join us for a healthy, tasty and nutritious meal for only £4.50***