(copy and paste the email below and send it out on October 17th. Also attach the Healthy Lunch poster to the email and post it around the office. Also post the poster advertising the lunch which is in the October file. In addition, the healthy eating trivia questions can be asked during the lunch. Prizes if you have them, but if not it can just be for fun)

To all Staff:

October is healthy workplace month

Please join us in the Health and Social building for a Healthy Food potluck on Thursday October 20th! Bring your favourite healthy dish to share.

There will be a healthy food trivia and prizes. This is guaranteed to be a fun time for all!

For more information, please contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_