



和景華人聯誼會

CHINESE ASSOCIATION OF WOKING

www.cawoking.org.uk

关于 CCP 组织的活动预告

CCP Notice

2019年5月21日星期二：本周活动的主题是純素健康座谈。王少雲是一名純素食者，会给我们一个关于纯素食的座谈会。純素食主要消费在所有植物性的食物，但不需要消费来自动物的产品，如：肉类，蛋类，鱼类/海鲜或乳制品，以及不使用毛皮或皮革。这一天，我们欢迎素食者齐聚一堂。欢迎会员和非会员有兴趣的朋友一起来参加！

21st May 2019 Tuesday: The theme of this week's event is Vegan Health Talk. Siu Wan Thomas is a Vegan and will give us a talk on Veganism. The vegan consumes all plant-based food but not products that come from animals such as: meat, eggs, fish/seafood or dairy products as well as not use the fur or leather. We are welcome as a vegetarian and vegan come together. Both members and non-members are welcome to come together.



收费：会员每人两镑，非会员每人三镑。欢迎大家带**纯素食小菜**(没有添加牛奶、鸡蛋、肉类、鱼类/海鲜)来聚餐，凡未带美食者，每人多交三镑。

Costs: Member £2 each Non-Members £3 each. Please bring **vegetable dishes only (no milk, eggs, meat or fish/seafood)** along to share with the group. Those who does not bring any food along will pay an additional £3 per person towards the cost of food provided by CCP.

Programme 节目时间表:

10:30am	CCP opens	活动开始
10:45am - 12:30pm	Vegan talk	純素健康座谈
12:30pm - 2:00pm	Lunch	午餐

地点/Venue: Old Woking Community Centre, Sundridge Road,
Woking GU22 9AT

联络人/Contact : 孔繁紅/Fanhong Kong or Adela Shum ccp@cawoking.org.uk
or via CCP wechat group