



# THE BIG BREAKFAST

FOR / AR GYFER PROSTATE CYMRU

## NOVEMBER 2022

Have a Big Breakfast this November to raise awareness and funds for Prostate Cymru, the leading prostate health charity in Wales.

Whether you are a cereal lover or enjoy a full cooked breakfast, the Big Breakfast is a fun and easy event you can hold on any day in November – in the workplace, at home or a community space.

### AT HOME

Hosting a Big Breakfast at home couldn't be easier.

- 🏠 Go simple with tea and toast for two
- 🏠 Invite family and friends around to share the most important meal of the day.

It is an opportunity for you to cook up your favourite breakfast recipes or you may want to ask your guests to each bring an item for a morning buffet.

All donations on the day welcome.

### GO LARGE

Fundraisers may wish to "Go Large" and host a larger Big Breakfast event within the workplace, or in a space within their local community.

# GO LARGE

Find out more or register as a breakfast host today at [prostatecymru.com](http://prostatecymru.com) and receive your own Digital Breakfast Pack.