

Healthy Families Group Programme



Do you have a child under 5? This free programme provides everything you need to help your child get off to a great start

We cover the following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eat
- Family lifestyle habits
- Enjoying life as a family

Free to attend

Creche
provided



New programmes starting this **October!**

Programmes run at the beginning of each term

October, January & May



Free toolkit!

Scan to sign up

