

Healthy Me

Join us for this free weekly programme to help your child eat well, move more and get off to the best start in life.

Sessions include:

- Fun and practical ideas
- Family play

For families with children aged 2-4 years

Where and when:

Starting January 2023

Staple Hill Children's Centre
Thursdays 9:30-10:30am

Cadbury Heath Hall
Fridays 9:30-10:30am

For more information or to book a place contact:

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