

Do you have a child aged between 2 and 12 years old? Do you live in Hampshire?

Do bedtimes feel like a battle?

Is your child a fussy eater?

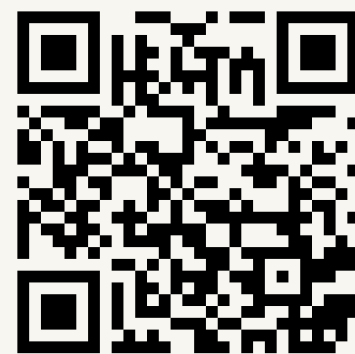
Do you struggle to get your child to brush their teeth?

Would you like to know more budget friendly healthy recipes?

Hampshire Healthy Steps free family sessions are here for you!

Across 6 sessions, we focus on the whole family's health and wellbeing by looking at eating well, sleeping well, getting active, having healthy teeth and connecting you to your local community.

Scan the QR code to find out more!



Healthy Steps

BARNARD'S

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