

Free Healthy Steps sessions online for families with children aged 5 to 12 years old

Do bedtimes feel
like a battle?

Is your child a
fussy eater?

Do you want to
be healthier
as a family?

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

Would you like to
know more budget
friendly healthy
recipes?

Mondays at 1:15 PM

5 weeks starting on Monday 13th April
Scan the QR code to book your free space:



Wednesdays at 7:30 PM

5 weeks starting on Wednesday 14th April
Scan the QR code to book your free space:



**Healthy
Steps**