

CREATING HEALTHIER, HAPPIER FAMILIES IN STEVENAGE

Our free after-school groups are coming to Stevenage this February!

Our team of family wellbeing experts and nutritionists make learning about healthy eating fun, and have plenty of tricks to help you and your kids turn what you learn into healthy habits for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.

IT'S
FREE!

WHERE AND WHEN?

TUESDAYS 17:00 – 19:00

Starting February 22nd for 12 weeks

BARNWELL MIDDLE SCHOOL

Shephall Grn, Shephall, Stevenage, SG2 9XT



CLICK HERE TO SIGN UP FOR YOUR FAMILY'S FREE PLACE