

# CREATING HEALTHIER, HAPPIER FAMILIES IN BOREHAMWOOD

## Our free after-school groups are coming to Borehamwood 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?

**MONDAYS 17:00 - 19:00**

Starting February 21st for 12 weeks

**ALLUM HALL**

2 Allum Ln, Elstree, Borehamwood, W1

SCAN ME TO SIGN UP!



**[CLICK HERE TO SIGN UP FOR YOUR FAMILY'S FREE PLACE](#)**