

# CREATING HEALTHIER, HAPPIER FAMILIES IN HEMEL

## Our free after-school groups are coming to Hemel 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.



WHERE AND WHEN?

### WEDNESDAYS 17:30 - 19:30

Starting February 23rd for 12 weeks

### LONGDEAN SCHOOL

Rumballs Rd, Hemel Hempstead, HP3 8JB



SCAN ME TO SIGN UP!



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