

# CREATING HEALTHIER, HAPPIER FAMILIES IN HERTFORD



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

### THURSDAYS 17:30 - 19:30

Starting February 24th for 12 weeks

### THE SELE SCHOOL

Welwyn Rd, Hertford, SG14 2DG



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