

CREATING HEALTHIER, HAPPIER FAMILIES IN WELWYN GARDEN CITY!



Our free after-school groups are coming to
Welwyn Garden City 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?

MONDAYS 17:00 - 19:00

Starting February 21st for 12 weeks

RIDGEWAY ACADEMY

Herns Ln, Welwyn Garden City AL7 2AF



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