



Join our FREE after-school groups in Hertfordshire, starting in 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 a what you learn into a 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?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WELWYN Ridgeway Academy 17:00 - 19:00	STEVENAGE Barnwell Middle School 17:00 - 19:00	CHESHUNT Goff's Academy 17:00 - 19:00	WATFORD Knutsford Primary School 17:30 - 19:30
HARPENDEN Katherine Warington School 17:30 - 19:30		HEMEL HEMPSTEAD Longdean School 17:30 - 19:30	HERTFORD The Sele School 17:30 - 19:30
BOREHAMWOOD Allum Hall 17:00 - 19:00			

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

* to be eligible for this awesome free service, your family must live/go to school in Hertfordshire and include one child who is above their ideal healthy weight.