**Do you have a pre-school or early years child?**

**Fit Food, Fit Kids**

***What Do I Need to Know?***

Active and healthy choices to give your child the best start in life

* Indoor and outdoor activities for family fun and fitness
* Share healthy recipes to try at home, with two practical cooking sessions
* Talk about food labelling, allergies and healthy treats
* Fresh ideas to make your money go further
* Ask questions to find out what ***you*** need to know!

**The Avenues Children’s Centre**

**Wednesday 08:30 to 11:30**

**8 Nov to 6 Dec 2017**

These courses are perfect for parents, carers or people wanting to work in schools. They are a great first step back into learning for those without GCSE A-C or 4+ in English and/or maths.

