

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.



For more information contact:
Sally **07785 546366** sally.waudby@york.gov.uk