

**FREE  
SESSIONS**



# Let's get healthy!

A fun, family cookery session for children aged 3-8 years. Healthy food and simple recipes. Join us at...

## Healthy cooking

**Wednesday 23 Feb 2-3.30pm**

Chalvey Grove Children's Centre,  
Chalvey Grove, SL1 2TE

Phone to book: 01753 574387

## Healthy snacking

**Thursday 24 Feb 10-11.30am**

Romsey Close Children's Centre,  
Romsey Close, SL3 8PE

Phone to book: 01753 540797



**PARENTS  
& CARERS  
welcome to  
join in!**

**Pre-booking required:**  
please contact the children's  
centre on the numbers opposite.