



growing a healthy baby from pregnancy through to raising a toddler



Growing a healthy Slough

Led by local Health Professionals including Health Visitors and Midwives, **FREE** classes for families who are pregnant, have a child 0-2yrs to support giving you and your child a healthy start



Healthy eating and exercise

- Salt Hill Activity Centre - 22nd Nov 18:00-20:00
- Penn Road Children Centre - 30th Nov 10:00 - 12:00
- Cippenham Library - 8th Dec 12:30 - 14:30



Your wellbeing

- Salt Hill Activity Centre - 29th Nov 18:00 - 20:00
- Penn Road Children Centre - 7th Dec 12:30 - 14:30
- Manor Park Community Centre - 14th Dec 10:00 - 12:00



Caring for you and your new baby

- Salt Hill Activity Centre - 24th Nov 18:00 - 20:00
- Penn Road Children Centre - 30th Nov 12:30 - 14:30
- Manor Park Community Centre - 7th Dec 10:00 - 12:00



Keeping your child safe

- Cippenham Library - 24th Nov 12:30 - 14:30
- Chalvey Children's Centre - 6th Dec 10:00 - 12:00
- Salt Hill Activity Centre - 13th Dec 18:00 - 20:00



Child development and milestones

- Chalvey Children's Centre - 22nd Nov 10:00 - 12:00
- Salt Hill Activity Centre - 1st Dec 18:00 - 20:00
- Penn Road Children Centre - 14th Dec 12:30 - 14:30



Common childhood illnesses

- Penn Road Children Centre - 23rd Nov 10:00 - 12:00
- Cippenham Library - 1st Dec 12:30 - 14:30
- Salt Hill Activity Centre - 6th Dec 18:00 - 20:00



Baby and child feeding

- Penn Road Children Centre - 23rd Nov 12:30 - 14:30
- Chalvey Children's Centre - 29th Nov 10:00 - 12:00
- Salt Hill Activity Centre - 8th Dec 18:00 - 20:00



refreshments and food parcels for you to take away

To book your class or for more information



01753 373464 Monday-Friday 9am-5pm



solutions4health.co.uk/our-services/community-classes

