

EAT, PLAY, THRIVE: A PATH TO HEALTHY HABITS

DATE: MONDAY 10TH FEBRUARY
TIME: 9AM – 9:45AM

Join us for conversations around the importance of balanced meals, portion sizes, avoiding overeating. Fun and practical ideas for healthy lunchboxes. Benefits of regular exercising, fun ways to stay active. Reducing screen times during meals. Importance of sleep and much more...

Meet your health care teams from Kingswinford & Wordsley PCN

Speak to our friendly Health & Wellbeing Coaches

Get advice from our family Healthy Lifestyle Coordinator

