

# Families For Life Early Years!

All sessions are free. From March 2021; Topics covered on a rolling basis - you're welcome to attend one or all of the sessions.

## Virtual Sessions

Sessions are for families with children aged between 2 - 4 years

Attend 3 or more sessions and receive a  
LOVE2SHOP Voucher.

Topic 1: Eating Well at Home

Topic 2: Fun Breakfast ideas and hidden sugars

Topic 3: Understanding labels and portion sizes

Topic 4: Staying Active at home without relying on screens

Every Thursday

10 - 11am

Fussy Eating  
strategies are  
discussed in  
each session

These sessions are now taking place virtually through Microsoft Teams. You can also join via phone, no internet required. Teams is free to download on a computer, phone or tablet.

Either visit your app store or go to:  
<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>

**Please advise us in advance if you would like an interpreter**



**[CLICK HERE TO BOOK YOUR  
EARLY YEARS PLACE](#)**

### Contact

Camden's Health and Wellbeing Team  
if you've any questions or want to find out  
more about what we offer:

020 7974 6736

[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)

<https://www.camden.gov.uk/health>