

Families For Life Virtual Sessions!

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

Families for Life EARLY YEARS

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

Every Thursday at 2:30pm - 3:30pm.
Fussy eating strategies are discussed in each topic:

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.

Families for Life PRIMARY

Sessions are for families with children aged between 5 - 11 years

Every Tuesday at 4:00pm - 5:00pm.
Fussy eating strategies are discussed in each topic:

Topic 1: Eating Well at Home

Topic 2: Fun breakfast ideas and hidden sugars

Topic 3: Understanding labels and portion sizes

Topic 4: Fun activities at home without relying on screens.

Families for Life PARENT ONLY

Sessions are for families with children aged between 5 - 11 years

Every Tuesday at 10:00am - 11:00am
Fussy eating is embedded into each topic:

Topic 1: Exploring strategies to raise healthy eaters

Topic 2: Discover hidden sugars

Topic 3: Understanding labels and portion sizes

Topic 4: Easy ways to get your family moving and reducing screen time

**CLICK HERE TO BOOK YOUR
EARLY YEARS PLACE**



To book the PARENT ONLY or PRIMARY sessions contact Camden's Health and Wellbeing Team -



020 7974 6736



healthandwellbeingteam@camden.gov.uk

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



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