

health 4 life



Lunch & Learn

Online Healthy Lifestyle Series

Starting a new school year can be exciting, but we know it also comes with the challenge of adjusting to new routines, habits, and lifestyle choices. That's why we're inviting you to join the Health4Life team as we dive into helpful tips and strategies to make this transition smoother.

We'll cover everything from creating healthy and sustainable habits around packed lunch boxes and snacks to managing fussy eating, oral health, and much more. Let's work together to ensure your child has a happy and healthy school year!

Please sign up using the forms below

Fussy Eating Online Parent
Workshop



Fussy Eating

Tuesday 10th

September

12pm - 1pm

<https://forms.office.com/e/3dznPWvpkY>

Creating Healthy Habits Online
Workshop



Healthy Habits

Tuesday 17th

September

12pm - 1pm

<https://forms.office.com/e/jmTCtYdq2j>

Healthy Lunchbox & Snacks Online
Workshop



Healthy Lunchbox

Tuesday 24th

September

12pm - 1pm

<https://forms.office.com/e/DawYANWCMf>

Oral Health & Sugar in foods



Oral Health & Sugar

Tuesday 1st

October

12pm - 1pm

<https://forms.office.com/e/agbiqBtbPi>

CALL US FOR MORE INFO

 **01702 534843**



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www.livewellsouthend.com