

Let's be Happy and Healthy!
Monday 10am - 11am or 1.30pm - 2.30pm

Join Sara for a 6 week course to share ideas and activities on how to be happy and keep healthy together as a family.



- Explore the importance healthy eating, exercise and sleep has on our wellbeing
- Be confident in keeping your family safe in the home and the outside environment.
- Find ways to make your home more environmentally friendly.

Sara is a qualified teacher who has lots of experience teaching parents and children with our family learning courses. She will guide you through the course where you'll be able to share your ideas and learn from other members of the group too.

Book a place on the **10am** Let's Be Happy and Healthy course [here](#).

Book a place on the **1.30pm** Let's Be Happy and Healthy course [here](#).