

Rickmansworth Children's Centre



Healthy Little Eaters

A free 4 week course with a qualified nutritionist, covering these topics:

Food groups

Child nutrition

Fussy eaters

Food labelling

Dates: February 27th, March 5th, 12th and 19th

Time: 10:00 - 11:30am

Free crèche available

Call the centre for more details and to reserve your place on: 01923 772094



A good start for a healthier life



**Sure Start
Children's Centres**

Hertfordshire