



A good start for a healthier life

# Starting Well

## no rush to mush

A healthy future is set up in your baby's first years. But with so much out there on baby nutrition and activity, you could feel a little overwhelmed. Rickmansworth Children's Centre is offering a *FREE* informal weaning session.

*When? Tuesday 24<sup>th</sup> January 2012*

*Where? Rickmansworth Children's Centre*

*Who? Parents with babies 0 - 4 months*

*Time? 1.30 - 3.00pm*

Why not bring along your partner or a close relative?

Spaces limited, so call the centre to book your place on:

01923 772094



**Sure Start  
Children's Centres**