



# Healthy tots

*Fun, food & fitness for families with children under 5*

Does your child enjoy cooking?  
Do they have lots of energy?

Come and sign up for a **FREE** Healthy Tots course and enjoy cooking snacks and active multi sports with your child (aged 18 months to 4 years old).

Courses usually run Tuesdays 1:00pm - 2:30pm.  
Please contact Sopwell & Verulam Children's Centre for more information and to sign up.

If you have any concerns about your child's eating habits, there will be some one to one time to talk to Liz, the Food Education Teacher if you wish.

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**A Sure Start Children's Centre**