

FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person and online programmes start soon, so secure your spot today!

Monday	Tuesday	Wednesday	Thursday
POTTERS BAR	WALTHAM CROSS	WATFORD	HATFIELD
Cranbourne Primary School	Hurst Drive Primary School	Leavesden Green	Birchwood Avenue
EN6 2BA	EN8 8DH	Community Hub	Primary School
		WD25 0BW	AL10 0PS
17:00 - 19:00	17:45 - 19:30	17:30 - 19:30	17:00 - 19:00
BISHOP'S STORTFORD	HEMEL HEMPSTEAD	STEVENAGE	BOREHAMWOOD
Summercroft Primary School	Hobletts Manor Junior School	The Oval Community Centre	Meryfield Primary School
CM23 5BJ	HP2 5JT	SG1 5RA	WD6 4PA
17:30 - 19:30	17:30 - 19:30	17:30 - 19:30	17:30 - 19:30





Sign up today!







