

2aspireFamily
LearningLincolnshire
COUNTY COUNCIL
Working for a better future

Being Happy and Healthy

**inviting all parents and carers to
a fully funded workshop at
The Meadows Primary School**

A two-week course exploring practical ways to
boost your family's wellbeing

The sessions are led by our supportive and friendly tutor Helen. The sessions will look at:

- healthy foods and how to support children to eat a varied diet
- the importance of exercise and ways to include it in everyday family life
- relaxation and developing healthy sleep routines with children
- practical ways to manage stress



Course details:

Wednesday 25th March 9:00–11:00

Wednesday 1st April 9:00–10:00

in the studio

**Please note you must be able to attend both sessions
and you will need to bring ID to the first session to
complete forms.**

Please email office@themeadows.lincs.sch.uk to book your place.