

## Support Your Child's Health and Wellbeing

### Witton Church Walk School



**A six week course that is fun, friendly and free!  
What does this course offer?**

- A chance to find out how to encourage health and wellbeing in your family, including emergency First Aid
- Find out about ways to maintain your child's healthy diet
- Find out ways to increase your child's physical activity and have fun doing it!
- Find out how to improve your child's confidence and emotional wellbeing
- Refreshments and a time to chat to other parents
- Develop your skills for family life and work

**This course will run for 6 weeks on Thursday mornings, 9-11am**

**Start Date: 21/09/17    Finish Date: 26/10/17**



If you would like a place, please complete the form below and return to school.

Yes, I will be coming on the 'Support Your Child's Health and Wellbeing' course.

Name: \_\_\_\_\_

Child's name and class: \_\_\_\_\_