



Health4Life Mini's

FREE NUTRITION & ACTIVITY EDUCATION PROGRAMME

For parents of children aged 2-5

We offer:

1. Group programmes - A FREE 90-minute session every week for 5 weeks covering making changes in a fun interactive way for the whole family.
2. One to One Programmes - A FREE 1 hour session every week for 3 weeks offering more individualised nutrition support for your family

Topics covered:

1. Food Groups
2. Portion Sizes
3. Fussy Eating
4. Physical Activity
5. Healthy Eating Habits
6. Oral Health



For more information please call
Brent Health Visiting on
020 8102 4900
or email our certified nutrition
team at
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