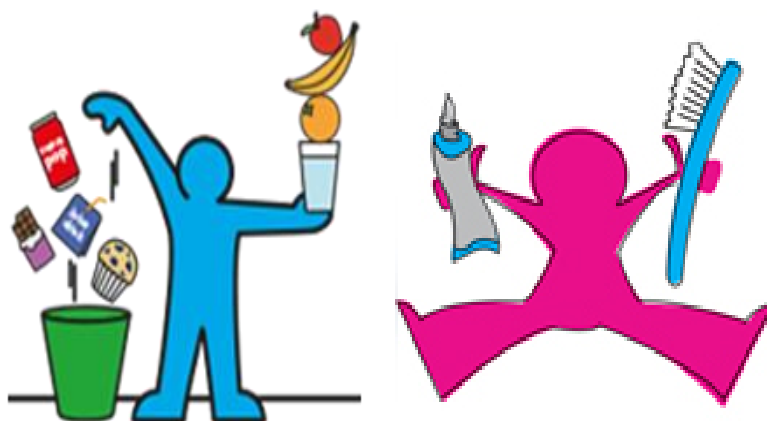


Free Healthy Eating & Oral Health Parent Sessions



This informal group-based parent/carer session will give you information, knowledge and ideas on how to make healthier choices for your child and family.

You will explore different facts about food, with tips to make healthier choices creating a balanced diet using tooth-friendly food and drinks, as well as advice on tooth brushing and visiting the dentist.

The session will last approximately one hour and you will receive a **free toothbrush pack for your child.**

Location: St Mary's Small Hall

Date: Friday 10th May

Time: 9am to 10am